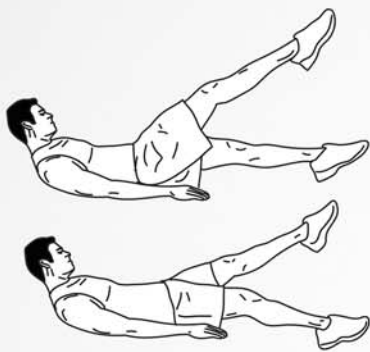


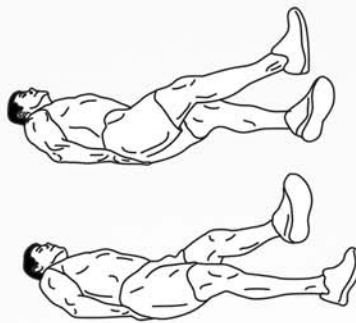
ironclad abs

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



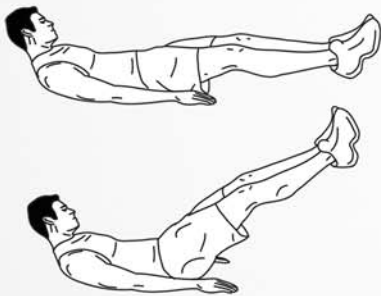
10 flutter kicks



4 scissors



10-count hold



10 leg raises



4 raised leg circles



10-count hold



10 jackknives



4 raised leg swings



10-count hold