

standing abs

DAREBEE WORKOUT @ darebee.com
repeat 3 times | up to 2 minute rest between sets

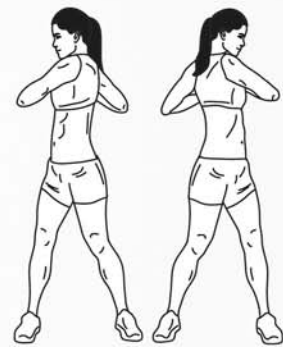
IN COLLABORATION WITH **NHS** choices



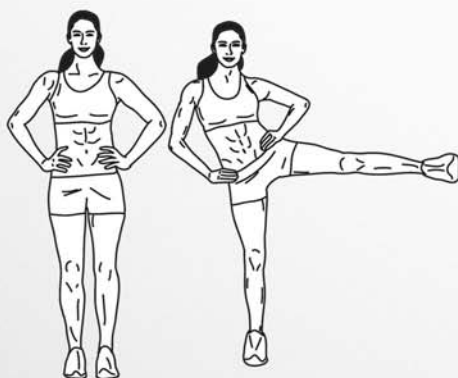
20 knee-to-elbows



20 high knees



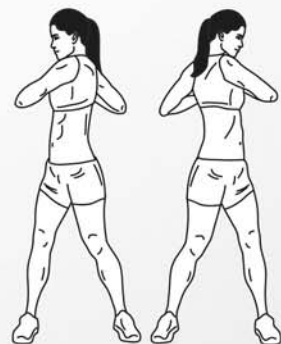
10 torso twists



20 side leg raises



20 high knees



10 torso twists