2-MOVE ABS

DAREBEE WORKOUT © darebee.com

5 sets | 2 minutes rest between sets





- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
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- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles