

abs fold

DAREBEE WORKOUT © darebee.com

Repeat 3 times | 2 minutes rest between sets



20sec hold
raised leg hold
just off the floor



20sec hold
bring your knees in
and hold



20sec hold
extend your legs
at ~45 degrees and hold



20sec folds
fold in & out
as fast as you can



20sec leg raises
do leg raises -
keep legs off the floor



20sec hold
raised leg hold
just off the floor