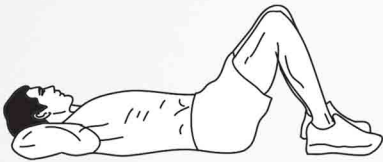


Bruce Lee abs

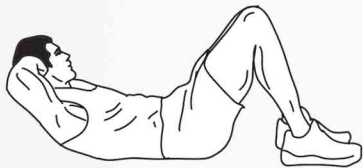
TRIBUTE WORKOUT by [@darebee.com](https://darebee.com)

3 sets | up to 2 minutes rest between sets

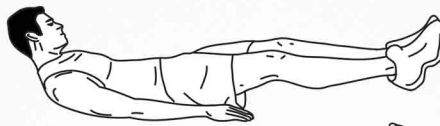
LEVEL I 10 reps **LEVEL II** 20 reps **LEVEL III** 30 reps **BRUCE LEE** 40 reps



crunches



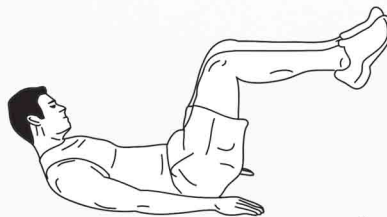
leg raises



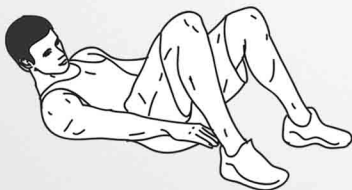
sitting twists



hundreds



air bike crunches



heel taps

