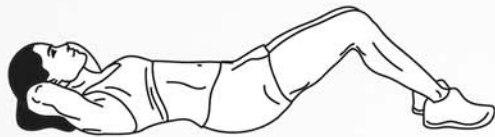


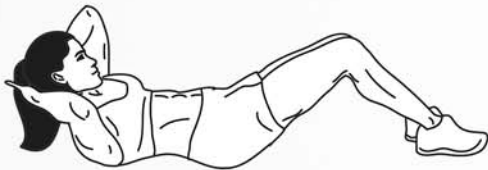
# CROP TOP WORKOUT

by DAREBEE © [darebee.com](http://darebee.com)

5 sets | 2 minutes rest

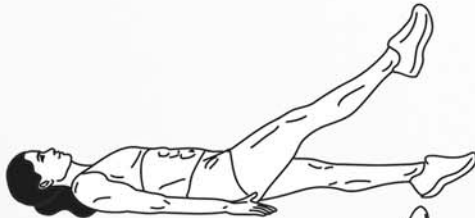


10 crunches



10 flutter kicks

4 sitting twists



10 crunches

10 flutter kicks

4 sitting twists



10 crunches

10 flutter kicks

4 sitting twists



done