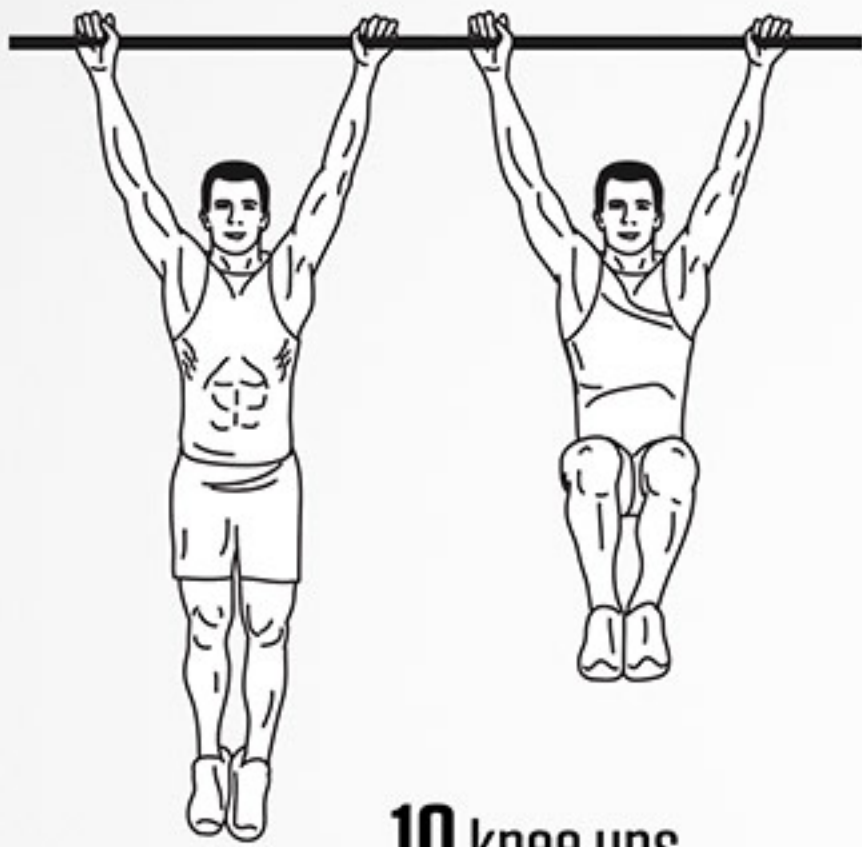


ab master

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



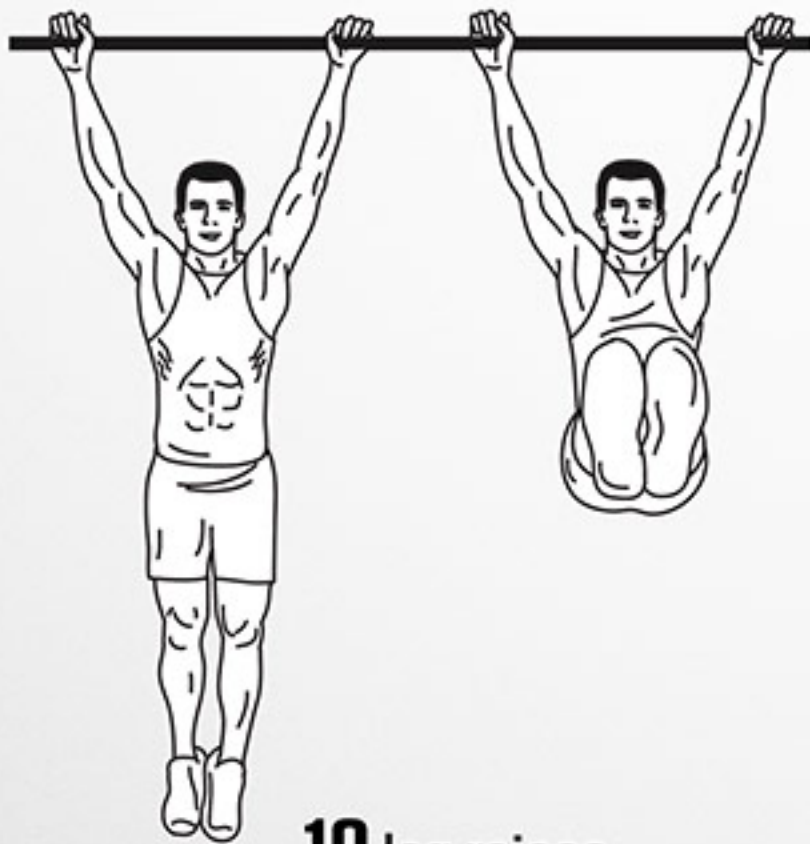
10 knee ups

3 sets | 20 seconds rest



10 knee up twists

3 sets | 20 seconds rest



10 leg raises

3 sets | 20 seconds rest



10 raised leg circles

3 sets | 20 seconds rest

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

abs of steel

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 crunches



10 flutter kicks



5 leg raises



10 knee crunches



10 air bike crunches



5 crunch kicks



10 plank arm raises



10-count elbow plank



5 body saw

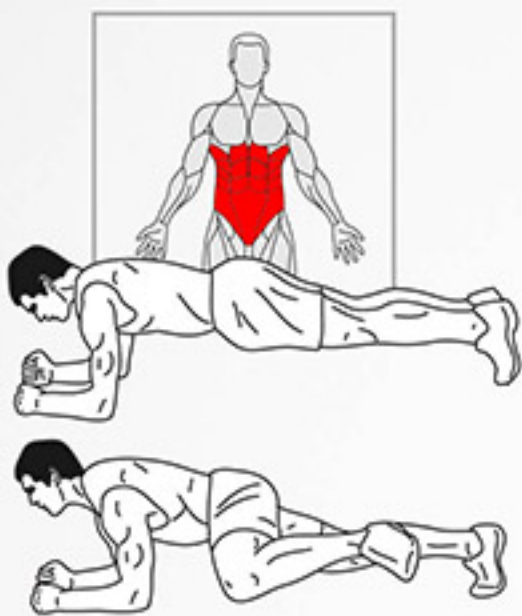


abs pro

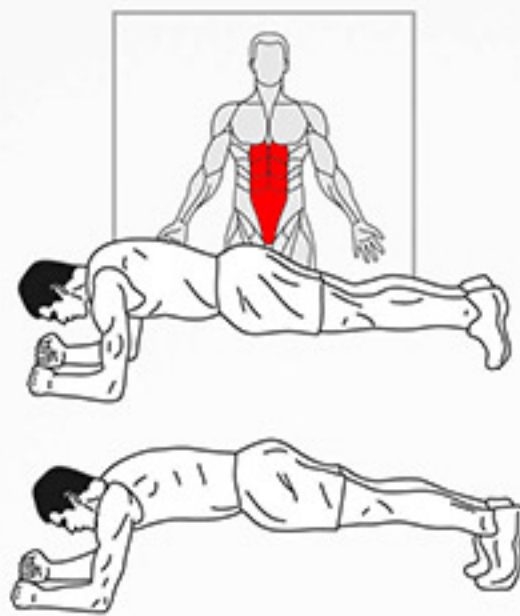
DAREBEE AB WORKOUT

@ darebee.com

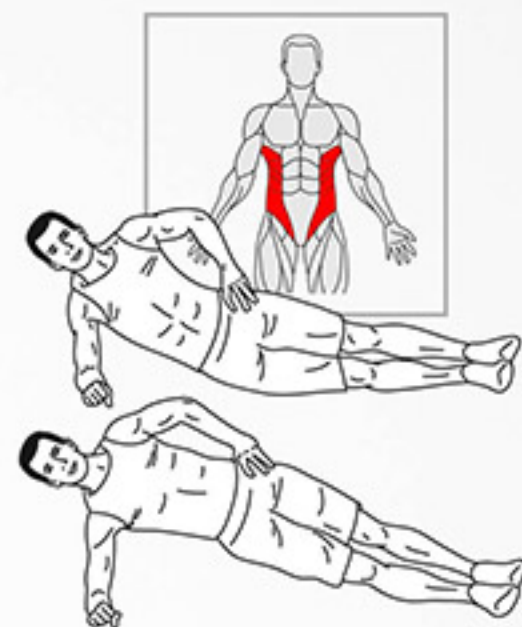
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



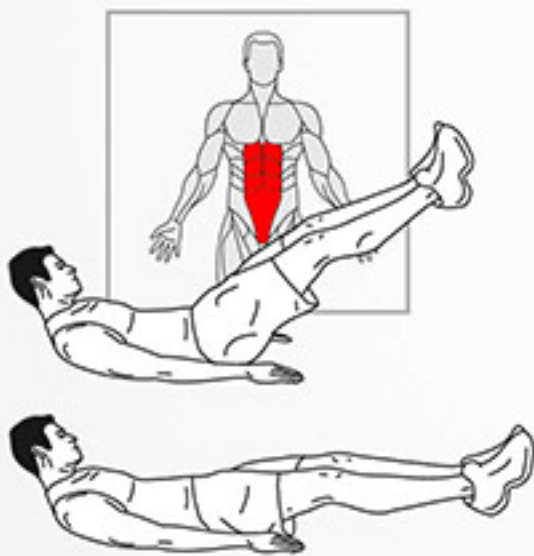
10 plank crunches



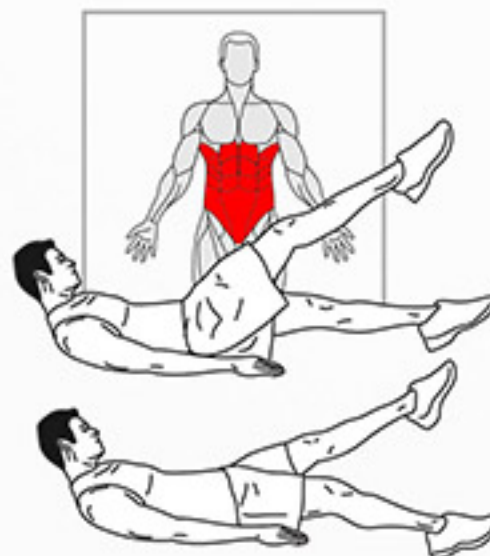
10 body saw



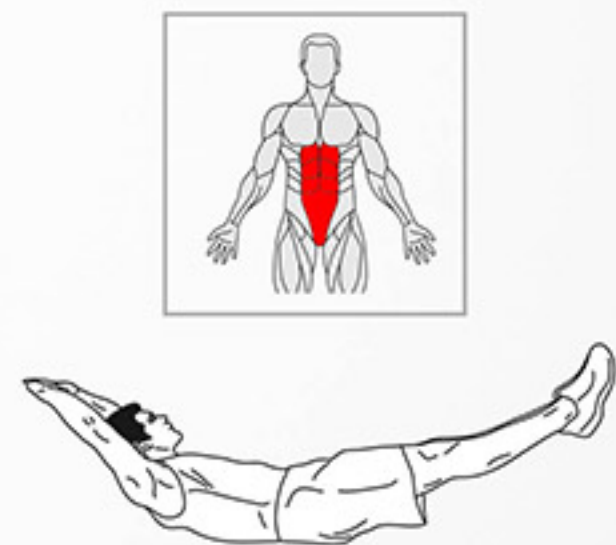
10 side bridges



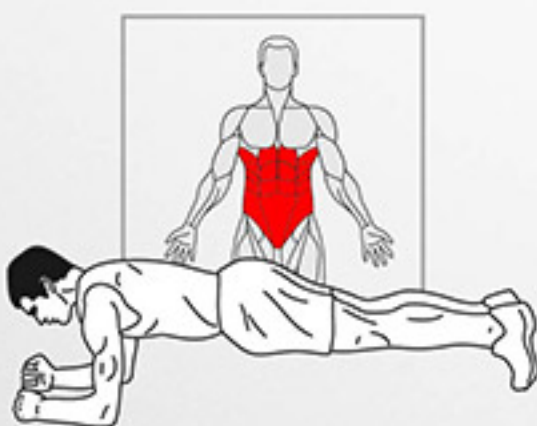
20 leg raises



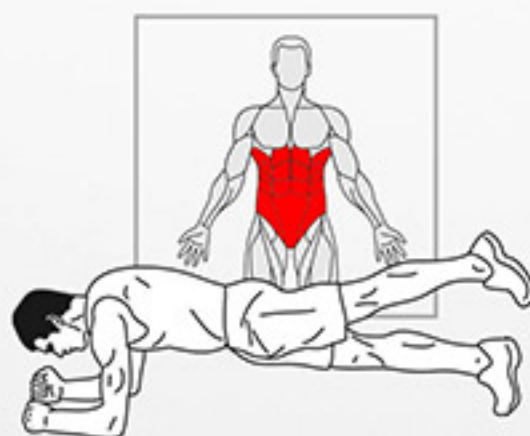
20 flutter kicks



20sec hollow hold



20sec elbow plank



20sec raised leg plank



20sec side plank

abs supreme

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise
repeat 3 times in total
60 seconds rest between sets



elbow plank hold



superman stretch hold



elbow plank hold



raised leg circles (left)



hollow hold



raised leg circles (right)

BOXER | ABS

DAREBEE BOXING WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST 2 minutes



30 sit-up punches



30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank



30-count side plank

code of abs

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 sit-ups



10 reverse crunches



10 sitting twists



8 scissors



8 leg raises



10 flutter kicks



10-count plank hold



10-count elbow plank hold

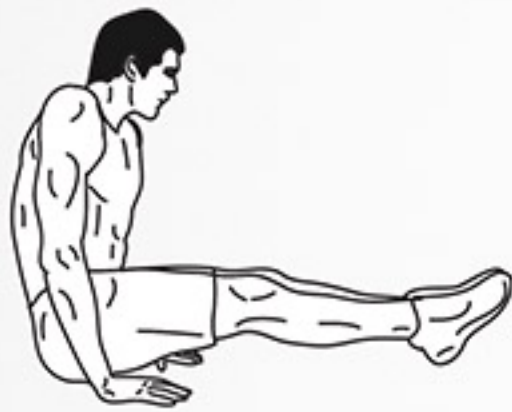


8 body saw

extreme abs

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise | no rest between exercises



L-sit hold



V-ups



hollow hold



elbow plank crunches



up and down planks



side star plank

FIVE MINUTE **PLANK**

DAREBEE WORKOUT © darebee.com



60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank



60sec elbow plank

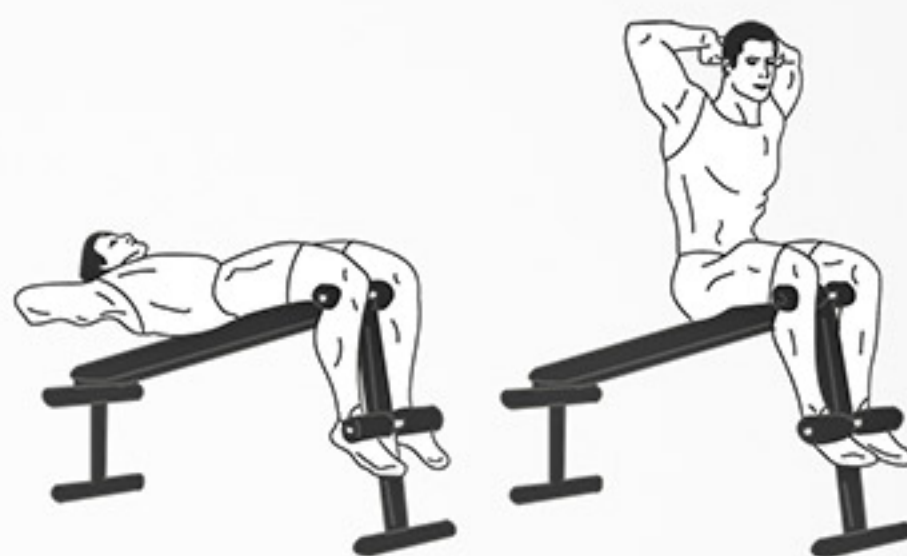
level up

DAREBEE WORKOUT
@ darebee.com

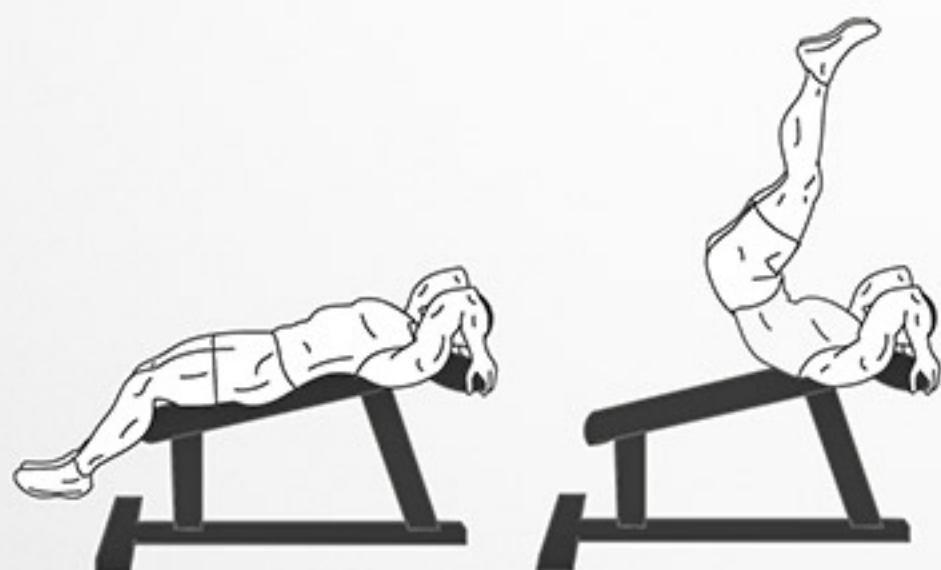
abs



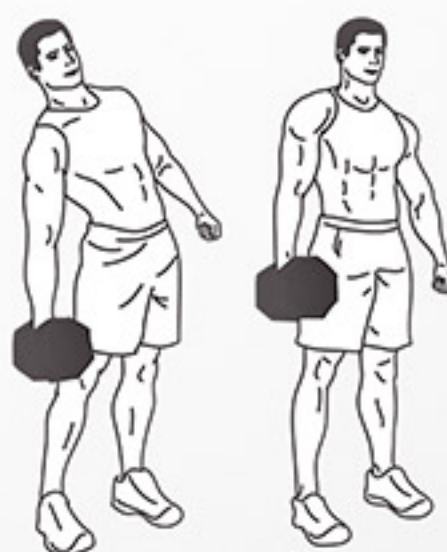
10 knee-ins
3 sets in total
30 sec rest in between



10 sit-ups
3 sets in total
30 sec rest in between



10 reverse crunches
3 sets in total
30 sec rest in between

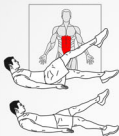


10 side bends
3 sets in total
30 sec rest in between

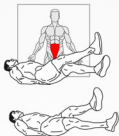
Master Pack

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



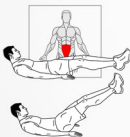
10 flutter kicks



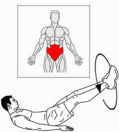
4 scissors



20 side leg raises



10 leg raises



4 raised leg circles



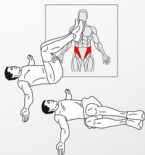
10-count raised leg hold



10 butt-ups



4 knee-in & twist



10 half wipers

power abs

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 climbers



20 plank leg raises



20 plank jacks



10 sit-ups



10 sitting twists



10 reverse crunches



10 leg raises



10 flutter kicks



10 scissors

superhero **abs**

DAREBEE WORKOUT © darebee.com

60 seconds rest between exercises



20 knee-to-elbow crunches x 4 sets

20 seconds rest between sets



20 leg raises x 4 sets

20 seconds rest between sets



2 minutes elbow plank hold
repeat once



2 minutes side elbow plank
one minute per side | repeat once



2 minutes hollow hold
repeat once

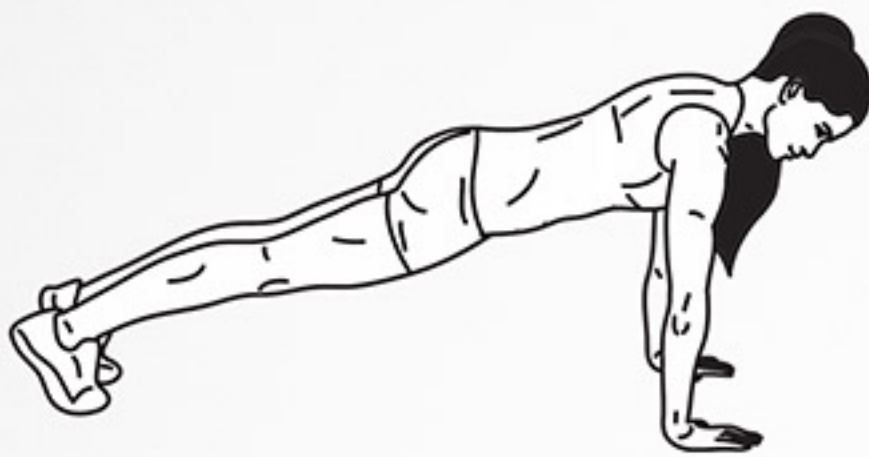


10 superman stretches x 4 sets

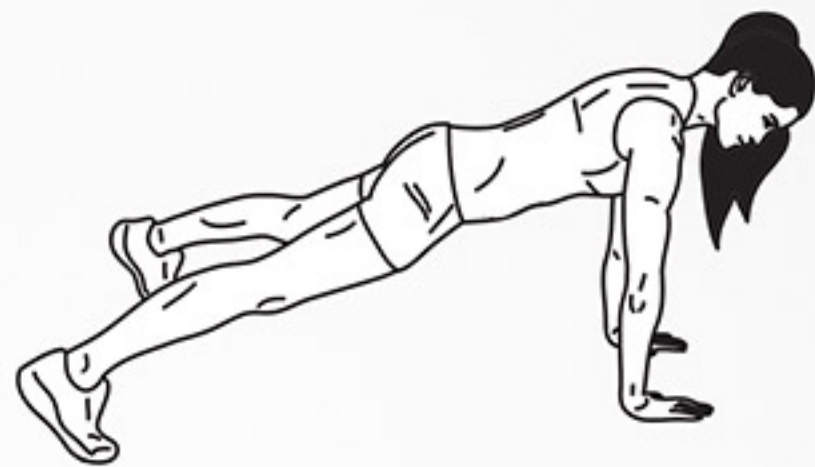
20 seconds rest between sets

super plank

DAREBEE WORKOUT @ darebee.com



30sec plank



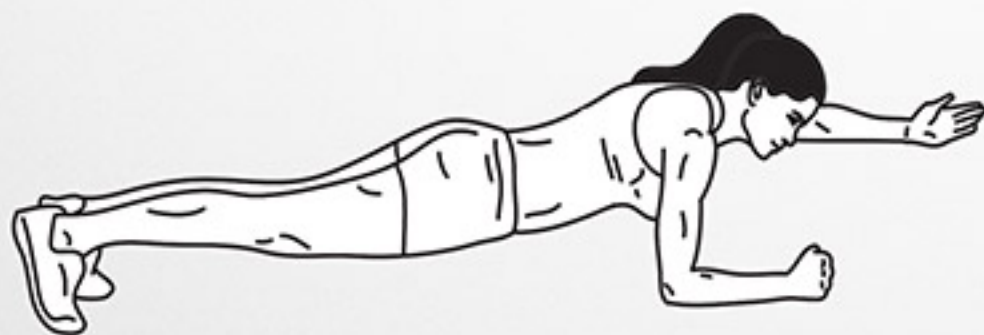
30sec wide leg plank



30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm



60sec side plank
30 seconds - each side