

ab mod

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



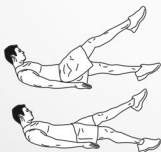
10 sit-ups

3 sets | 20 seconds rest



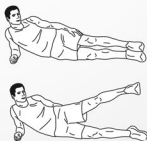
10 sitting twists

3 sets | 20 seconds rest



20 flutter kicks

3 sets | 20 seconds rest



20 side leg raises

3 sets | 20 seconds rest