

abs

HYPERTROPHY

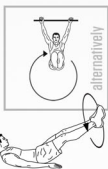
DAREBEE WORKOUT

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30 seconds rest
between exercises



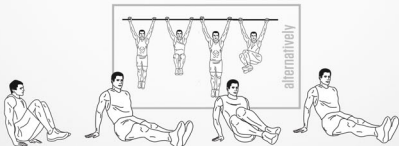
20 leg raises
5 sets | 30sec rest



20 circles
5 sets | 30sec rest



20sec hold
5 sets | 30sec rest



20 combos
knee-ins + knee-in & twist
5 sets | 30sec rest