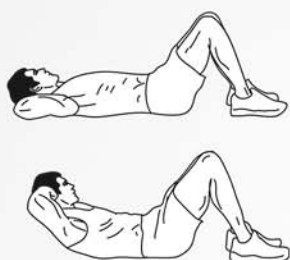


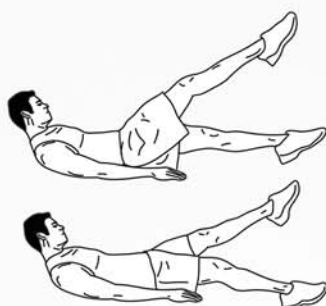
abs of steel

DAREBEE WORKOUT @ darebee.com

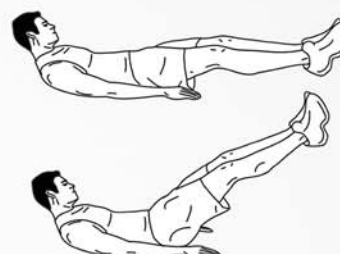
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 crunches



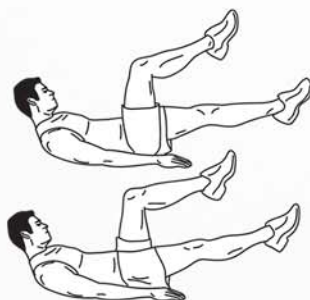
10 flutter kicks



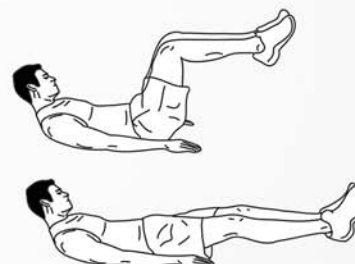
5 leg raises



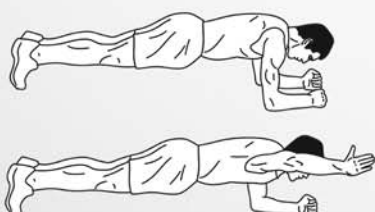
10 knee crunches



10 air bike crunches



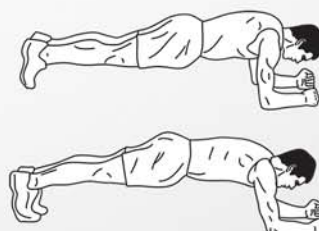
5 crunch kicks



10 plank arm raises



10-count elbow plank



5 body saw