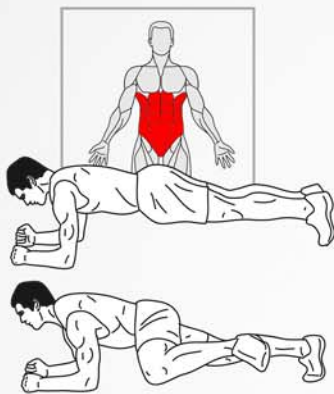


abs pro

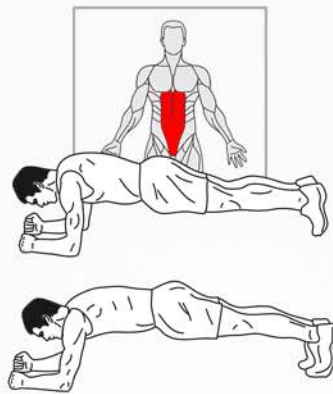
DAREBEE AB WORKOUT

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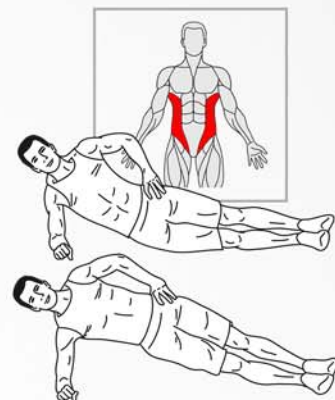
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



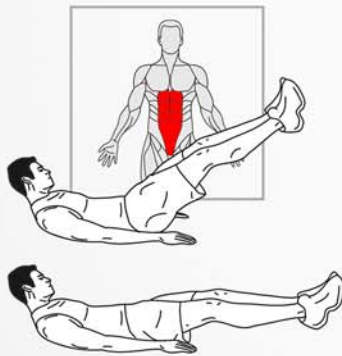
10 plank crunches



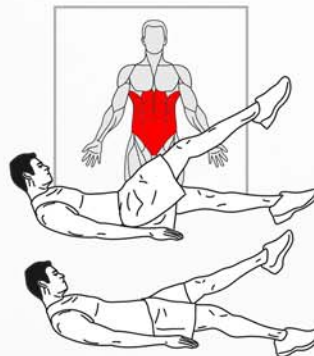
10 body saw



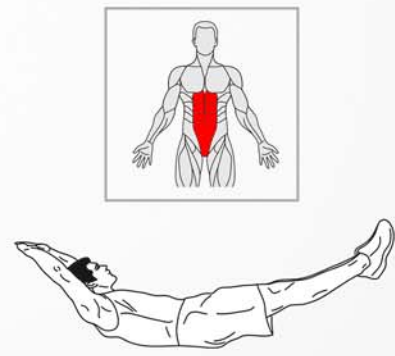
10 side bridges



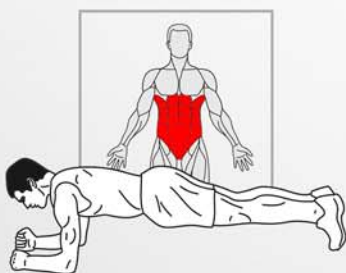
20 leg raises



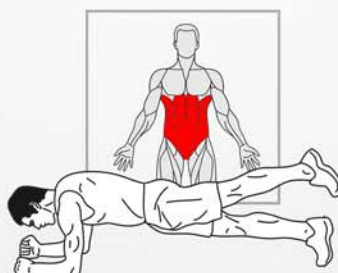
20 flutter kicks



20sec hollow hold



20sec elbow plank



20sec raised leg plank



20sec side plank