

# abs upgrade

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

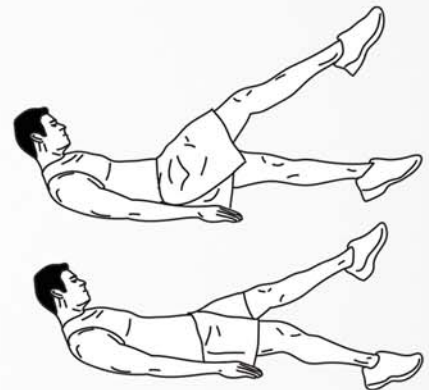
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



**20** sit-ups



**20** sitting twists



**20** flutter kicks



**20-count** raised leg hold



**20-count** plank



**20-count** raised leg plank