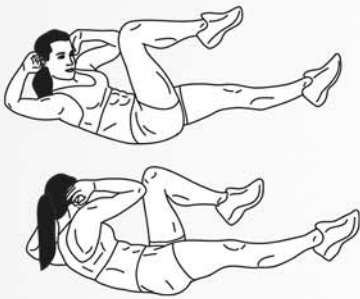


at-home abs

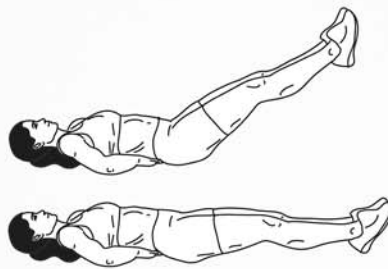
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



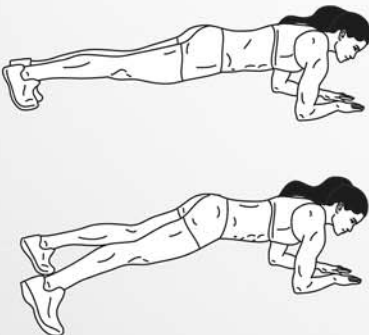
10 knee-to-elbow crunches



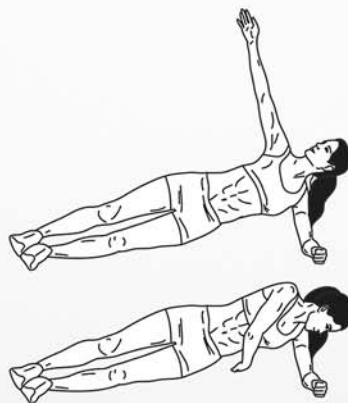
8 leg raises



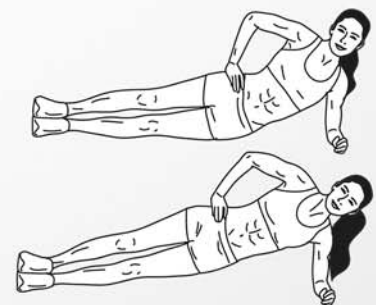
8 upward downward dog



10 elbow plank step-outs



8 side plank rotations



8 side bridges