

because...

WORKOUT BY DAREBEE

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abs



20 flutter kicks
3 sets in total
20 sec rest in between



20sec hollow hold
3 sets in total
20 sec rest in between



20 heel taps
3 sets in total
20 sec rest in between



10 elbow plank leg raises
3 sets in total
20 sec rest in between



20sec elbow plank hold
3 sets in total
20 sec rest in between



20 side bridges
3 sets in total
20 sec rest in between