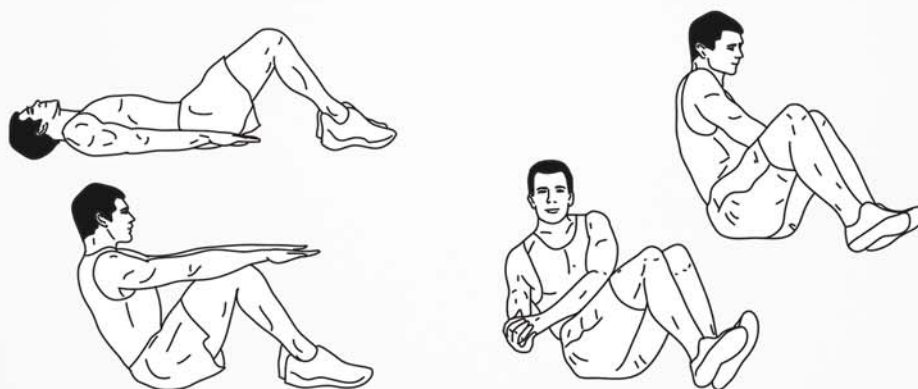


# classic abs

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3 sets | 2 minutes rest between sets



**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists

done