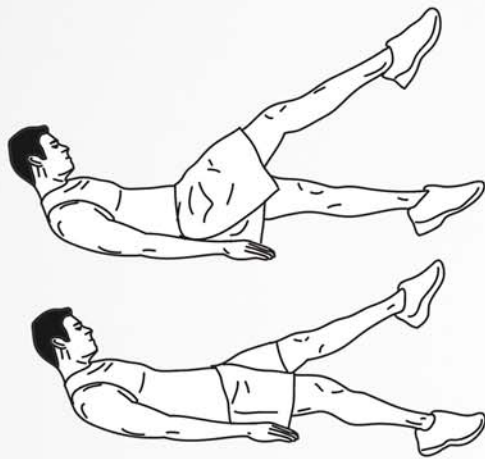


daily abs

DAREBEE WORKOUT @ darebee.com

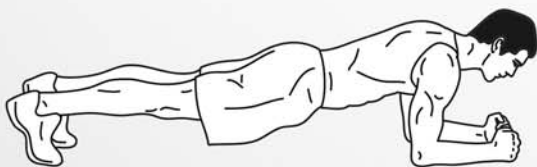
2 minutes rest between exercises



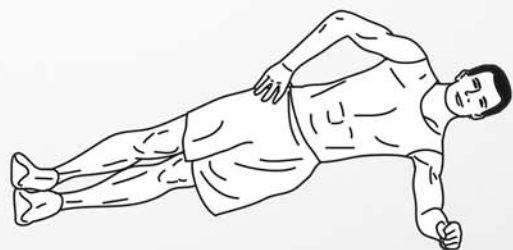
20 flutter kicks
x 3 sets in total
20 seconds rest between sets



20 knee-to-elbow crunches
x 3 sets in total
20 seconds rest between sets



1 minutes elbow plank



1 minutes side elbow plank
30 seconds per side