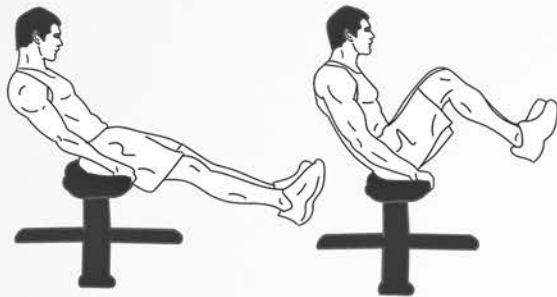


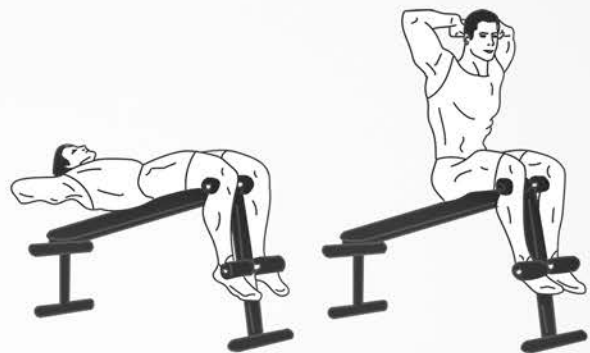
# level up

DAREBEE WORKOUT  
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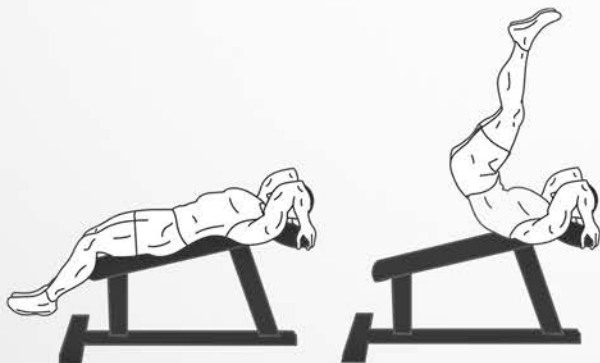
**abs**



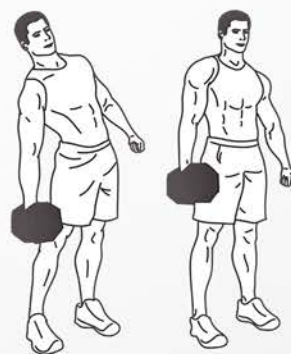
**10** knee-ins  
**3 sets in total**  
30 sec rest in between



**10** sit-ups  
**3 sets in total**  
30 sec rest in between



**10** reverse crunches  
**3 sets in total**  
30 sec rest in between



**10** side bends  
**3 sets in total**  
30 sec rest in between