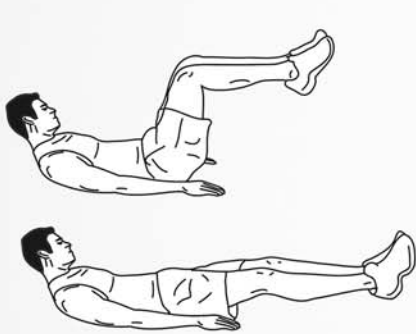


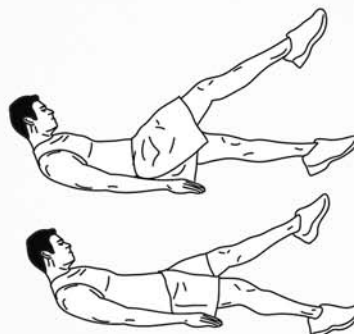
lower abs

DAREBEE WORKOUT @ darebee.com

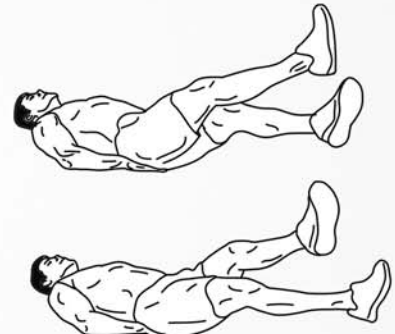
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
keep your legs up throughout the set



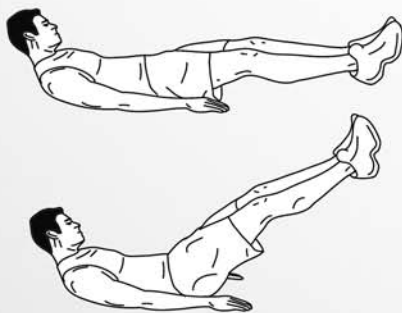
20 crunch kicks



20 flutter kicks



20 scissors



20 leg raises



20 raised leg circles



20-count hold