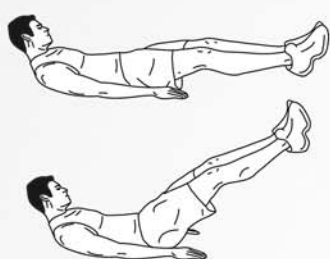


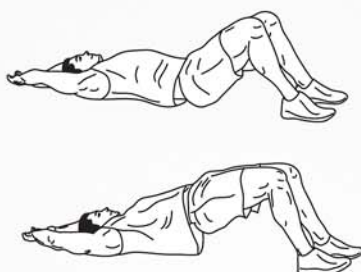
rockin' abs

DAREBEE WORKOUT @ darebee.com

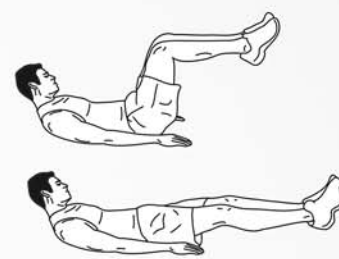
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 leg raises



5 bridges



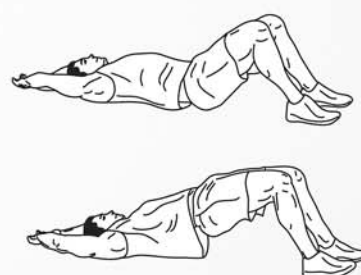
10 crunch kicks



5 bridges



10 sit-ups



5 bridges



10 sitting twists