

# superhero **abs**

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

60 seconds rest between exercises



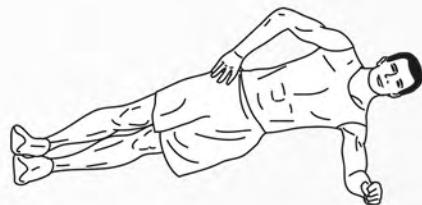
**20** knee-to-elbow crunches **x 4 sets**  
20 seconds rest between sets



**20** leg raises **x 4 sets**  
20 seconds rest between sets



**2 minutes** elbow plank hold  
repeat once



**2 minutes** side elbow plank  
one minute per side | repeat once



**2 minutes** hollow hold  
repeat once



**10** superman stretches **x 4 sets**  
20 seconds rest between sets