

target: **abs**

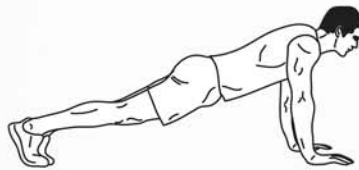
DAREBEE WORKOUT © darebee.com

30 seconds each exercise **3 sets in total**

60 seconds rest between sets



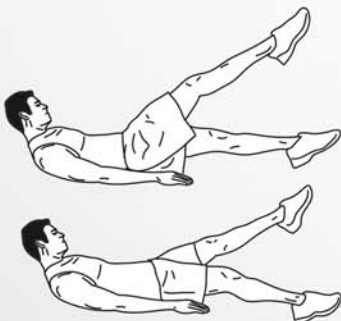
elbow plank hold



plank hold



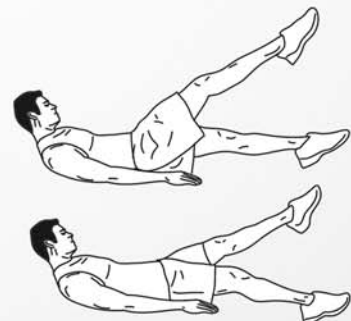
elbow plank hold



flutter kicks



raised legs hold



flutter kicks