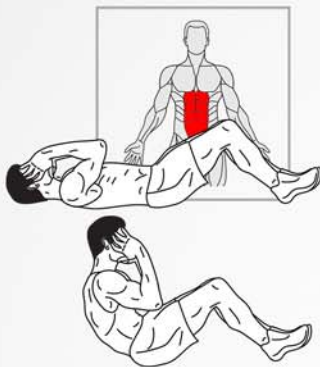


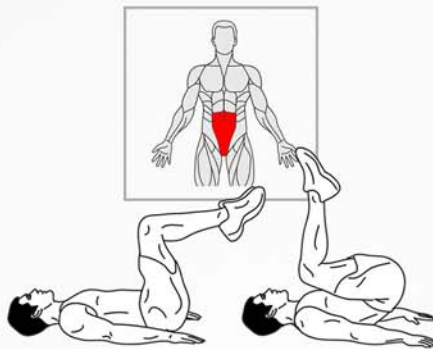
total abs

DAREBEE WORKOUT @ darebee.com

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



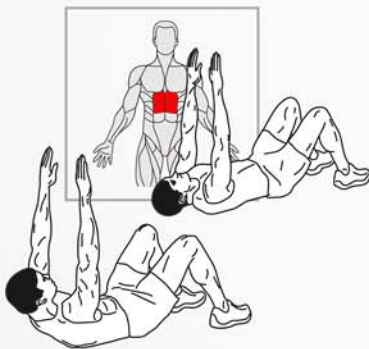
20 sit-ups



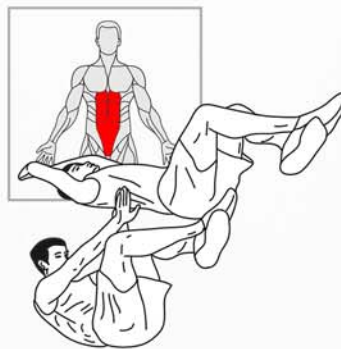
20 reverse crunches



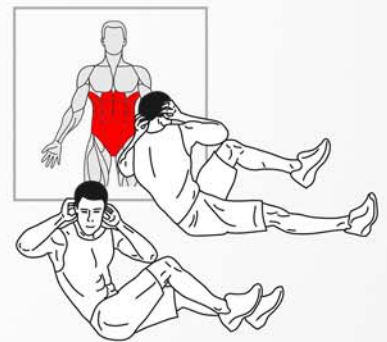
20 sitting twists



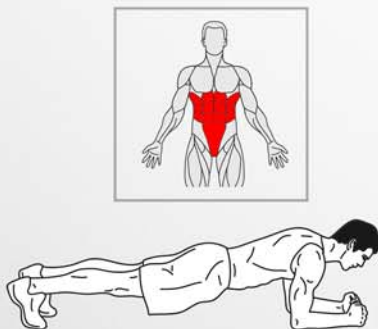
20 high crunches



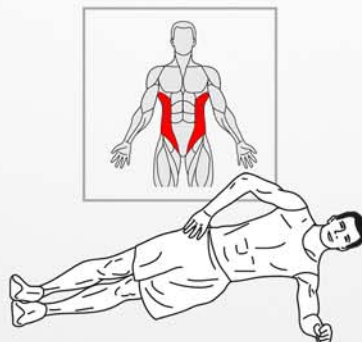
20 knee crunches



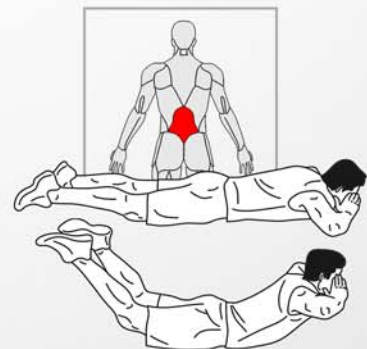
20 knee-to-elbow crunches



20sec elbow plank



20sec side elbow plank



5 back extensions