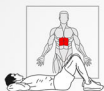


ultimate abs

DAREBEE WORKOUT @ darebee.com

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



10 crunches



10 folded crunches



10 circle crunches



10 leg raises



10 scissors



10 raised leg circles



10 flutter kicks



10 heel taps



5 back extensions