

2-minute abs

DAREBEE WORKOUT @ darebee.com

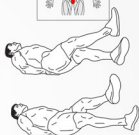
20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

2-minute **cardio**

DAREBEE WORKOUT @ darebee.com

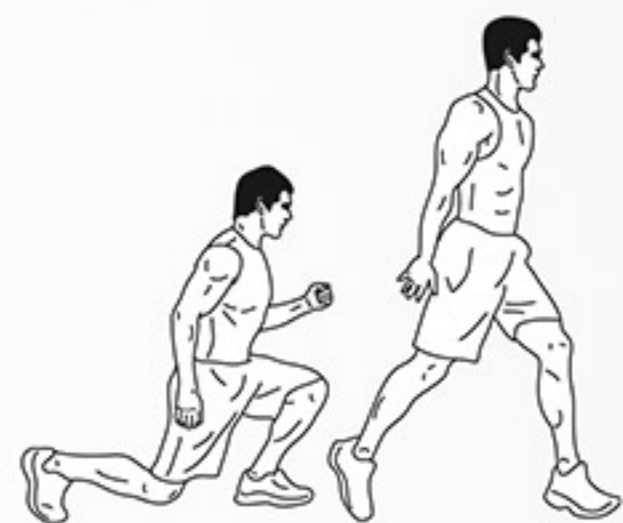
20 seconds each exercise | no rest between exercises



1. high knees



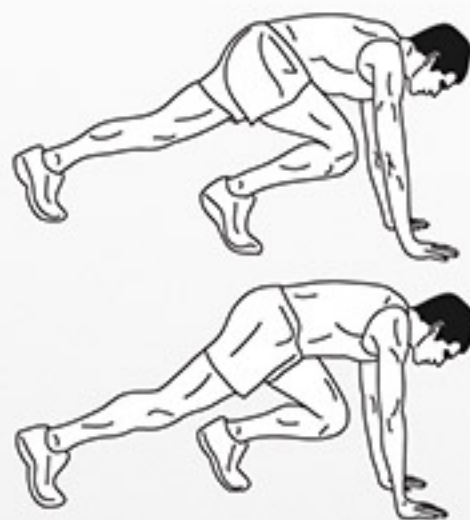
2. butt kicks



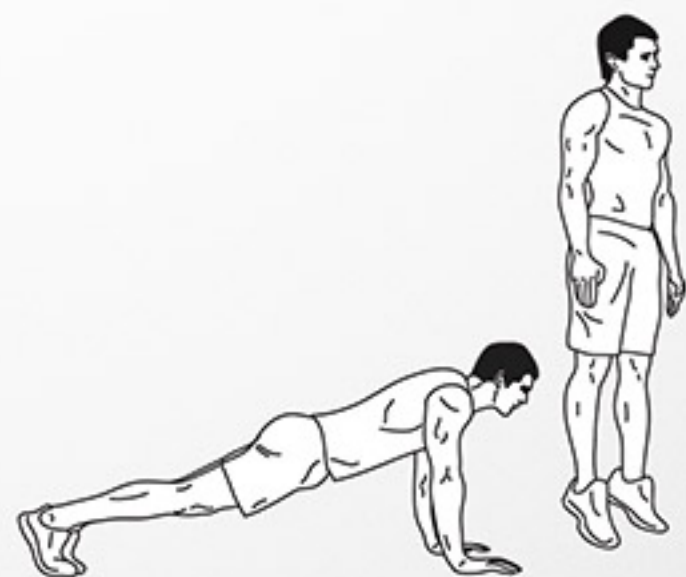
3. jumping lunges



4. jumping jacks



5. climbers



6. basic burpees

2-minute Warmup

BY DAREBEE @ darebee.com

Repeat each exercise for 10 seconds.



hops on the spot



side-to-side hops
single leg



hops on the spot



side-to-side hops
feet together



alt back expansions



chest expansions



arm circles (wide)



arm circles



hops on the spot



side-to-side hops
single leg



hip rotations



torso rotations

2-minute WORKOUT

by DAREBEE © darebee.com

20 seconds each exercise | no rest between exercises



jumping jacks



jump squats



high knees



side-to-side lunges



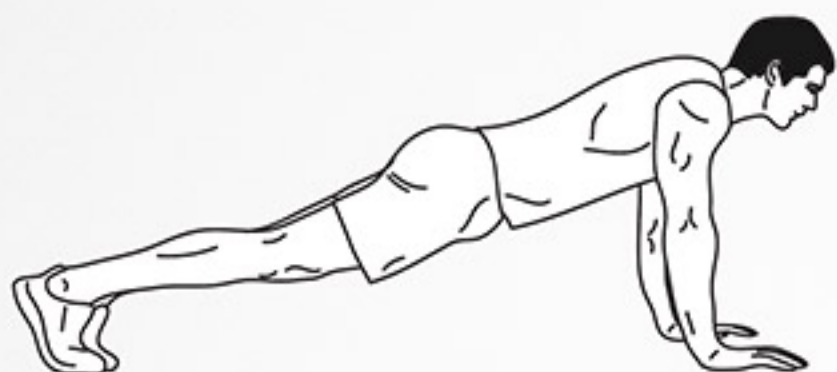
squats



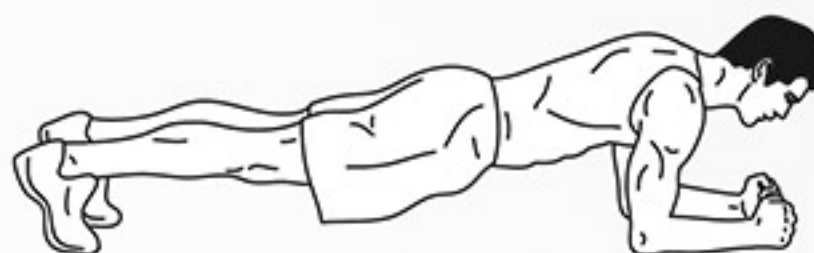
climbers

TWO MINUTE **PLANK**

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20sec full plank



20sec elbow plank



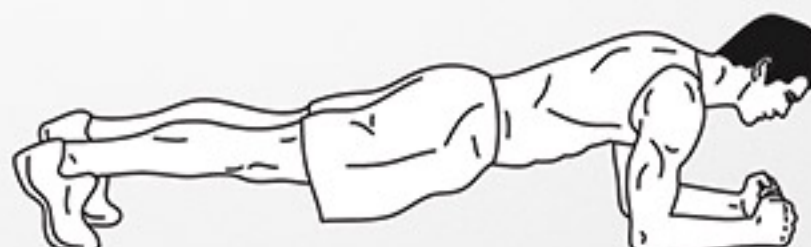
20sec raised leg plank
10 seconds - each leg



20sec side plank
10 seconds - each side



20sec full plank



20sec elbow plank