

# 2-minute abs

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

20 seconds each exercise | no rest between exercises



knee-to-elbows



flutter kicks



scissors



hundreds



reverse crunches



sitting twists

# 2-MOVE ABS

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

5 sets | 2 minutes rest between sets



- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles
- 4 circle crunches
- 4 raised leg circles

# ab finisher

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**30** crunches



**30** flutter kicks

**30** crunches

**30** flutter kicks



**30** crunches

**30** flutter kicks



**30** crunches

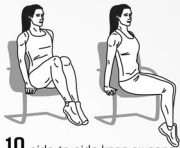
**30** flutter kicks

# chair abs

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



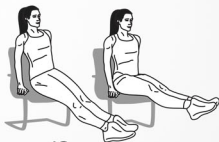
10 crunch kicks



10 side-to-side knee sweeps



10 knee-to-elbows



10 leg raises



10 cycling crunches

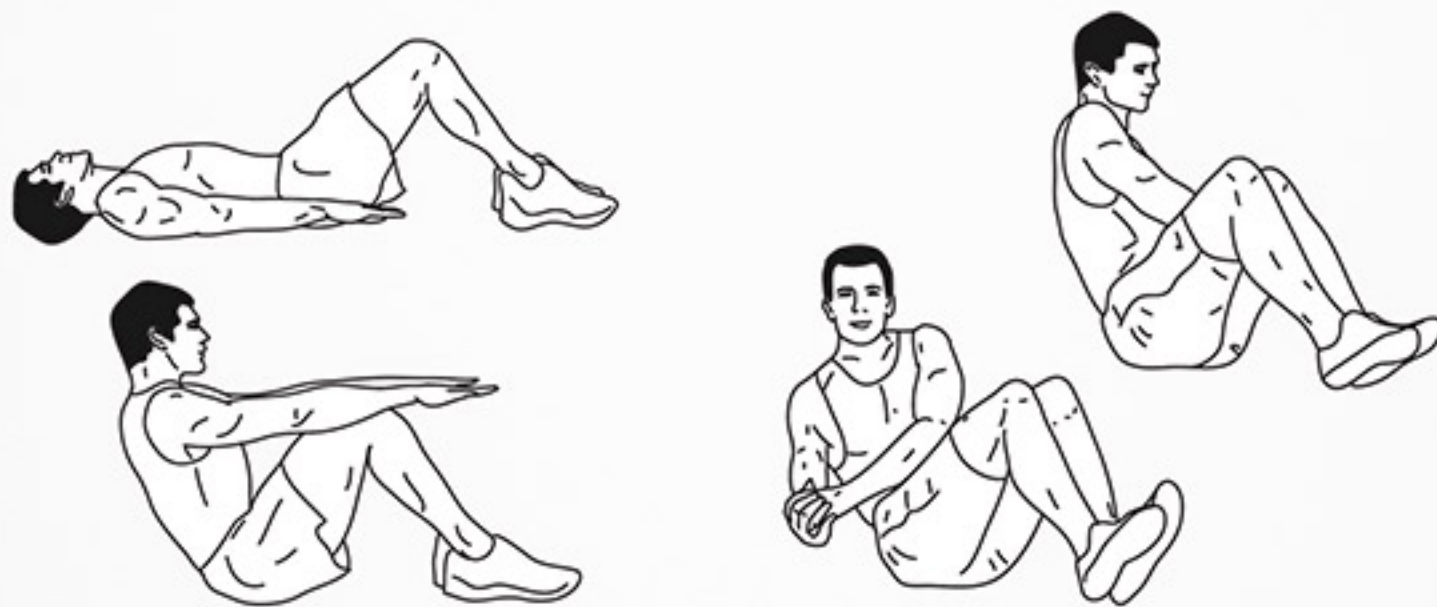


10 sitting twists

# classic abs

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

3 sets | 2 minutes rest between sets



**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists

**10** sit-ups

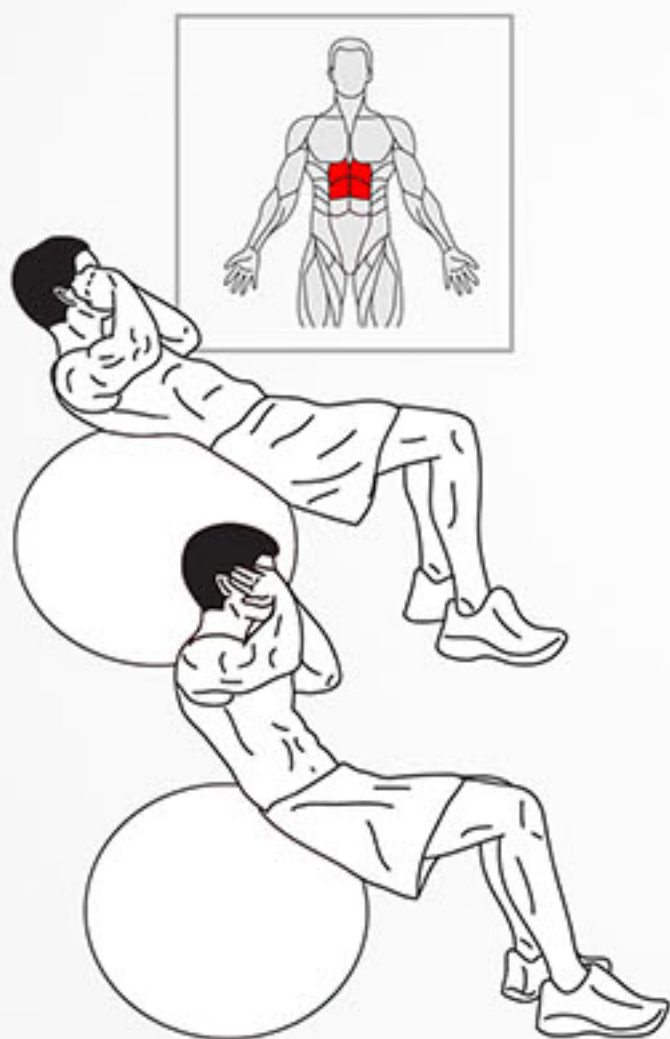
**4** sitting twists

# Dragon Ball

**abs**

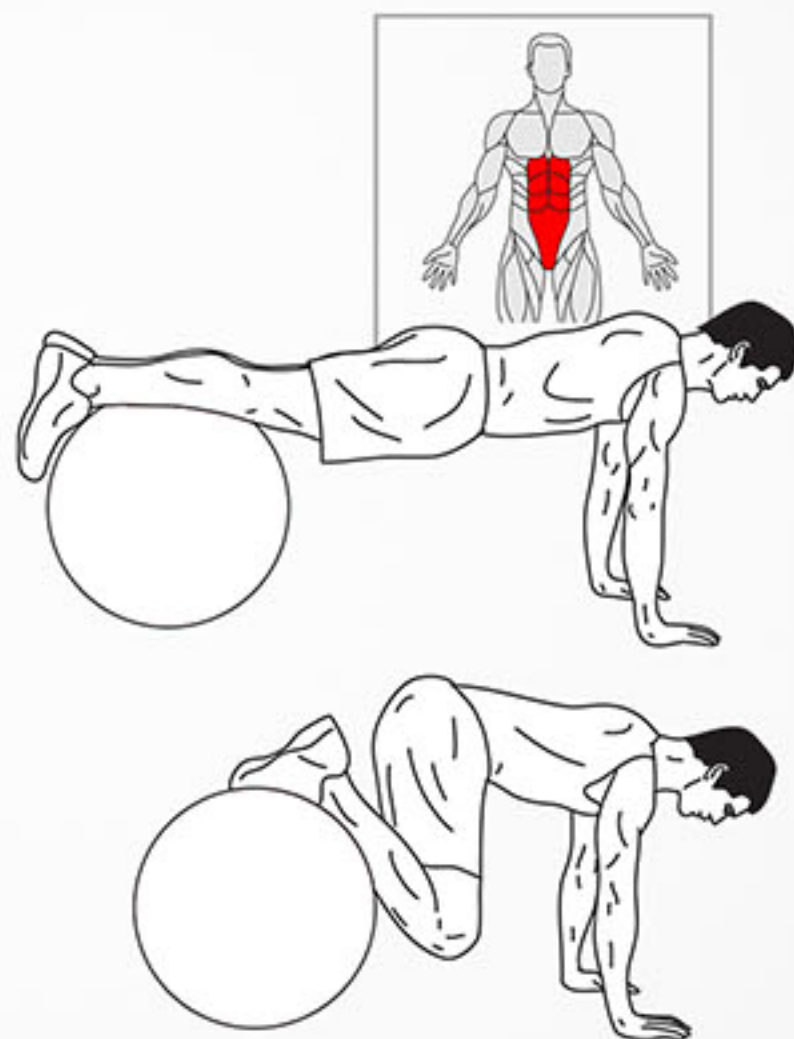
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

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



**30 crunches**

*go slow  
breathe out  
as you come up*



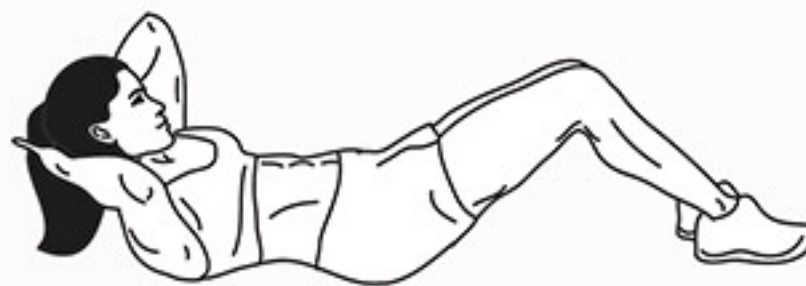
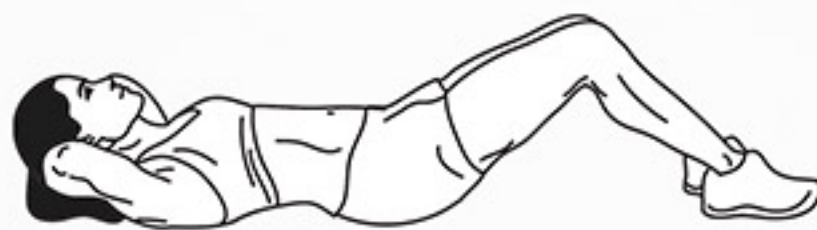
**10 reverse crunches**

*go slow  
focus on form  
and keep your balance*

# **EXTRA** **CRUNCH**

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Repeat 3 times in total



**30sec** crunches

**30sec** rest

**30sec** crunches

**30sec** rest

**30sec** crunches

**30sec** rest

**30sec** crunches

**60sec** rest

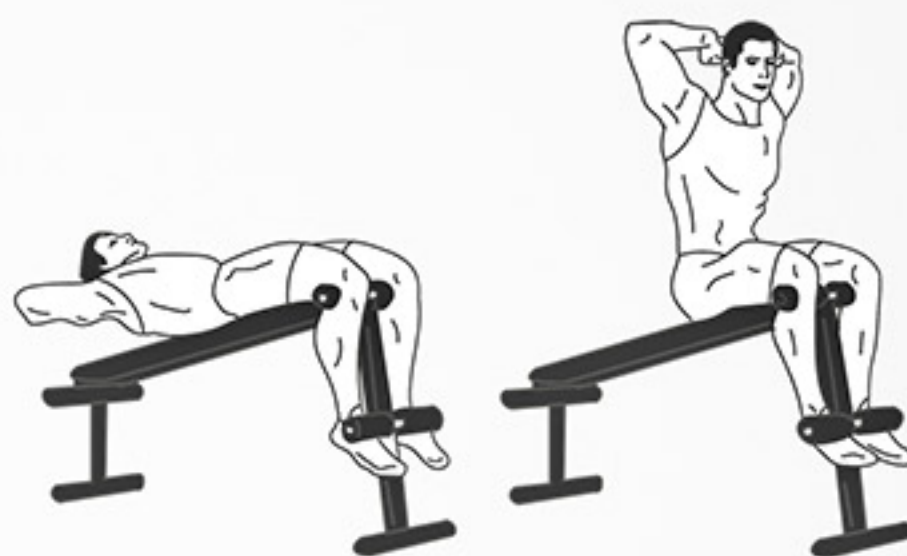
# level up

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

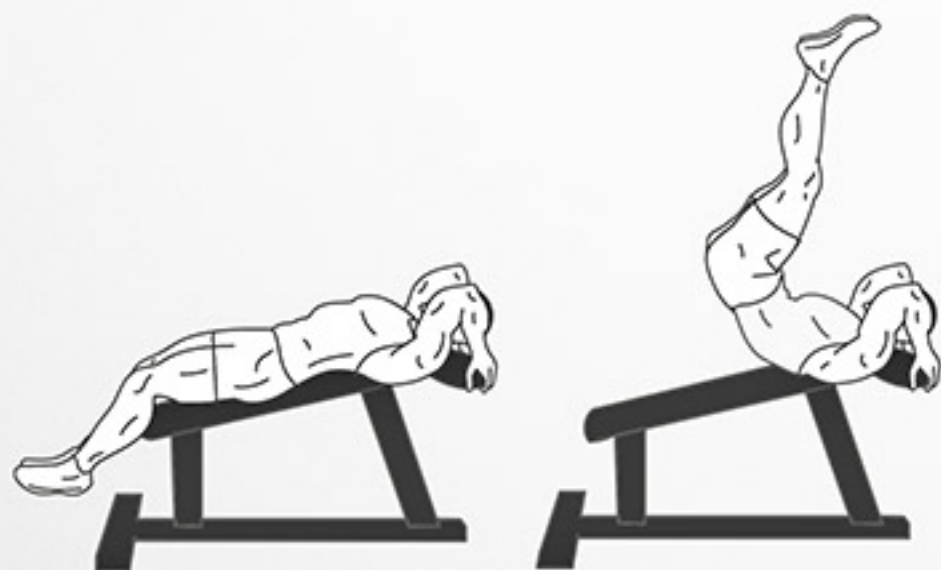
**abs**



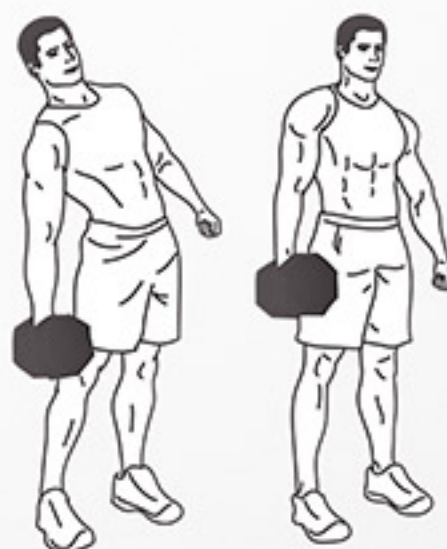
**10** knee-ins  
**3 sets in total**  
30 sec rest in between



**10** sit-ups  
**3 sets in total**  
30 sec rest in between



**10** reverse crunches  
**3 sets in total**  
30 sec rest in between

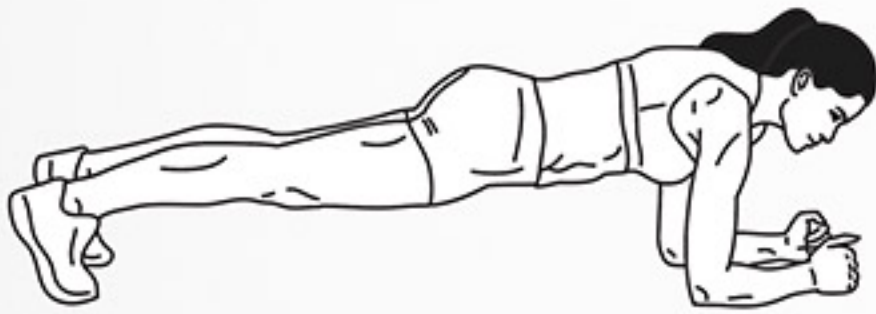


**10** side bends  
**3 sets in total**  
30 sec rest in between



# MASTER PLANK

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



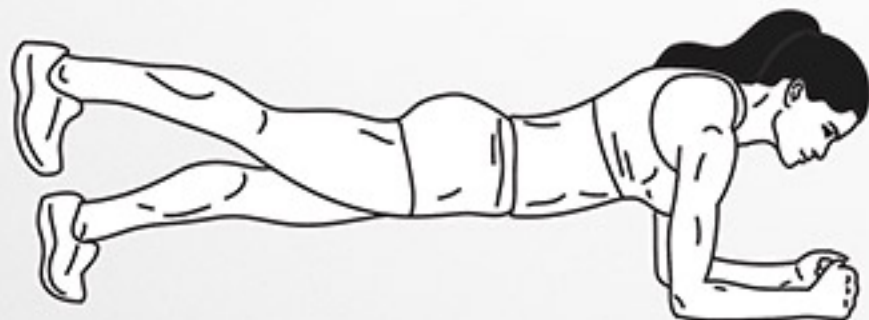
**30sec**

elbow plank



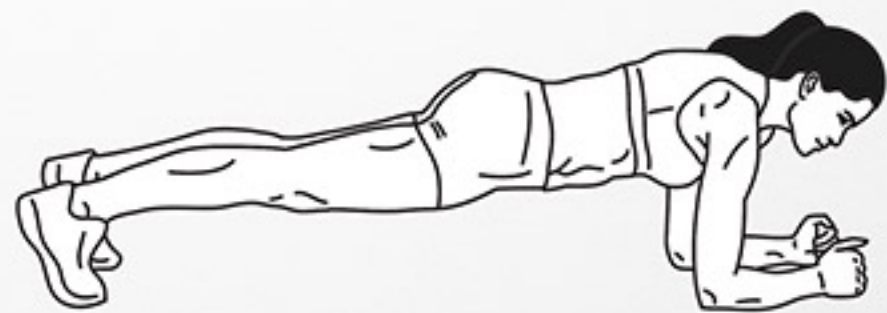
**60sec**

side elbow plank



**60sec**

raised leg elbow plank



**30sec**

elbow plank

# MICRO SHRED

WORKOUT by DAREBEE © [darebee.com](http://darebee.com)



20 crunches



10 leg raises



20 crunches

10 leg raises

20 crunches

10 leg raises



20 crunches

10 leg raises

20 crunches

10 leg raises

done

# ONE PLANK MINUTE

DAREBEE WORKOUT © [darebee.com](http://darebee.com)



**10sec** full plank



**10sec** elbow plank



**10sec** raised leg plank  
5 seconds - each leg



**10sec** side plank  
5 seconds - each side



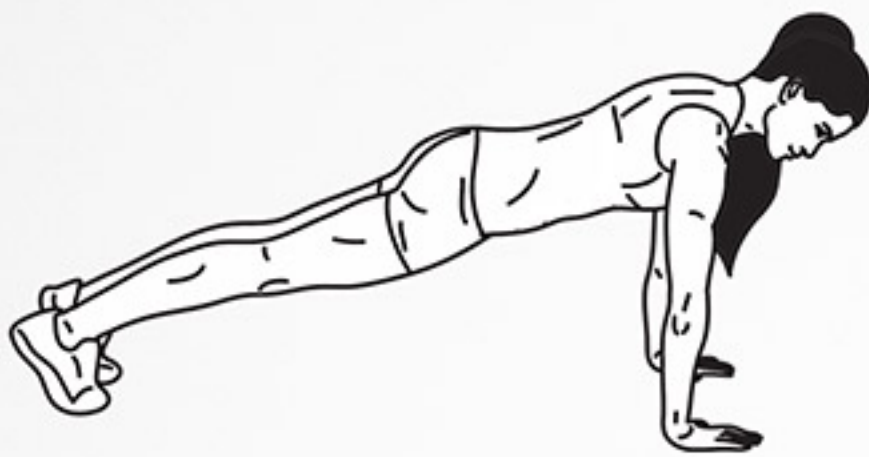
**10sec** full plank



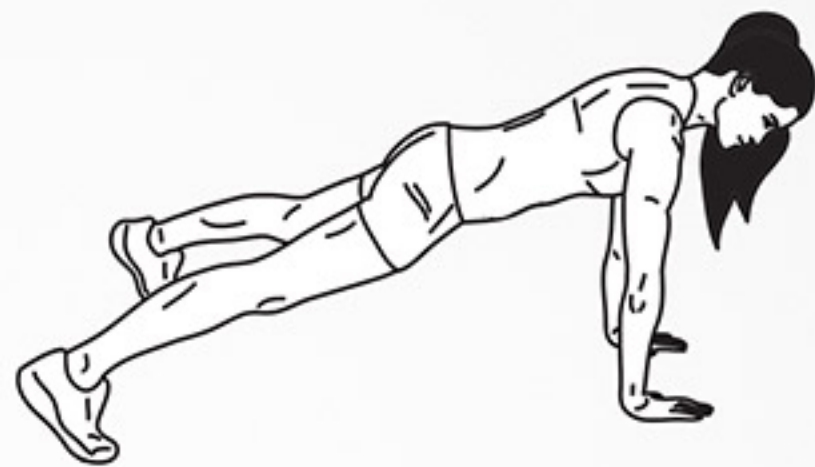
**10sec** elbow plank

# super plank

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**30sec** plank



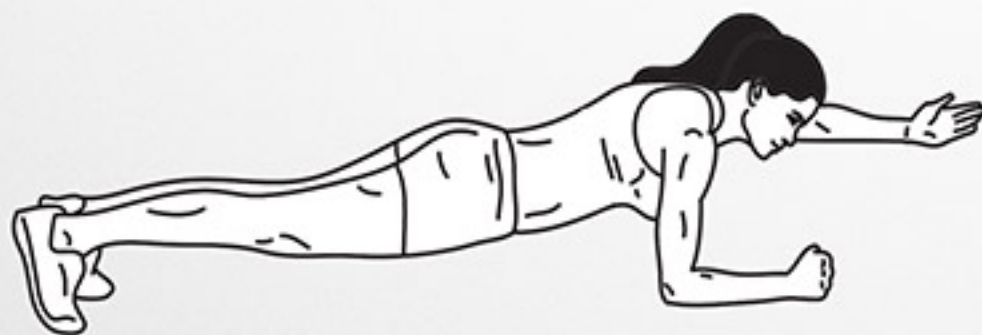
**30sec** wide leg plank



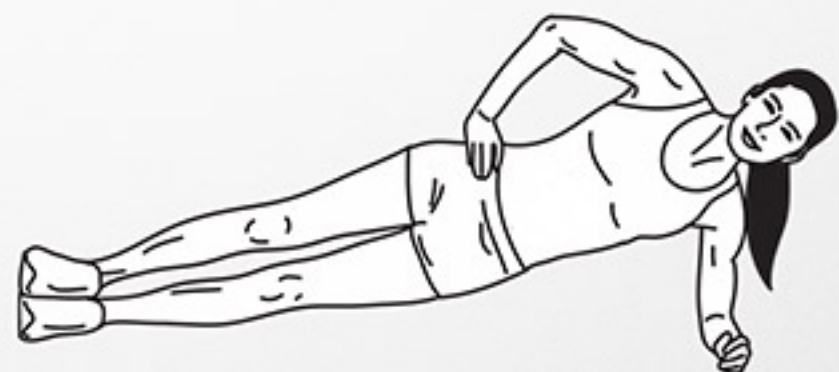
**30sec** elbow plank



**30sec** superman plank



**60sec** raised arm elbow plank  
30 seconds - each arm



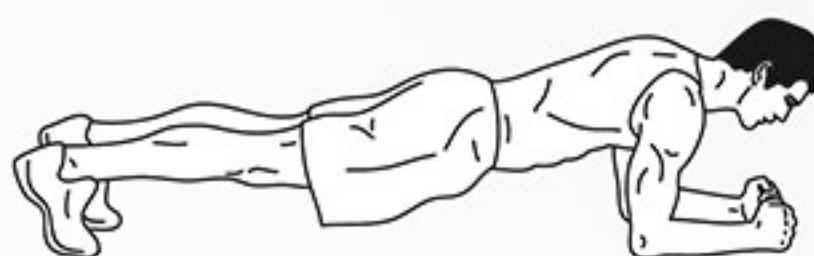
**60sec** side plank  
30 seconds - each side

# TWO MINUTE **PLANK**

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



**20sec** full plank



**20sec** elbow plank



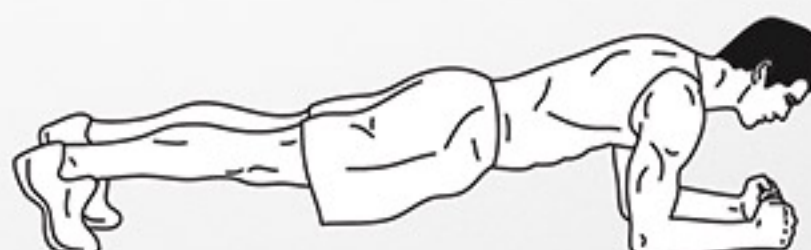
**20sec** raised leg plank  
10 seconds - each leg



**20sec** side plank  
10 seconds - each side



**20sec** full plank



**20sec** elbow plank