

6-minute abs

DAREBEE WORKOUT @ darebee.com

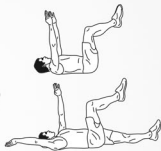
Repeat each exercise for exactly one minute with no rest in between.



1min sit-ups



1min knee-in & twist



1min dead bug



1min knee-to-elbows



1min side leg raises
30sec per side



1min leg raises