

# ab decoder

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

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



**40** high knees



**20** crunches



**40** high knees



**20** crunches



**40** side-to-side leg raises



**20** crunches