

abs of steel

DAREBEE WORKOUT @ darebee.com

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



10 crunches



10 flutter kicks



5 leg raises



10 knee crunches



10 air bike



5 crunch kicks



10 plank arm raises



10-count elbow plank



5 body saw