

# abs superseset

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

5 sets | 2 minutes rest between sets



**10** leg raises

**4** raised leg circles

**10** heel taps

**10** leg raises

**4** raised leg circles

**10** heel taps

**10** leg raises

**4** raised leg circles

**10** heel taps