

# abs unlocked

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

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 hundreds



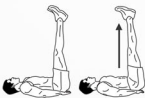
20 air bike crunches



20 high crunches



10 reverse crunches



10 pulse-ups



10 infinity circles



10 side plank rotations



10 side bridges



10 body saw