

# abs upgrade

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

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



**10** sit-ups



**10** sitting twists



**10** flutter kicks



**10-count** raised legs hold



**10-count** plank



**10-count** raised leg plank