

armor abs

DAREBEE WORKOUT @ darebee.com

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



6 leg raises



6 leg circles



6 scissors



12 flutter kicks



6 long arm crunches



6 knee crunches



12 side planks rotations



12 side bridges



6 plank arm raises