

# at-home abs

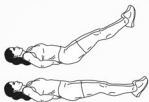
DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



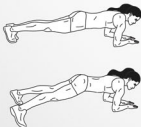
10 knee-to-elbows



8 leg raises



8 upward downward dog



10 elbow plank step-outs



8 side plank rotations



8 side bridges