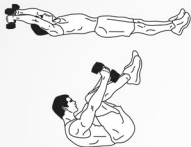


BRUTE

DAREBEE WORKOUT © darebee.com

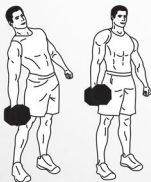
ABS



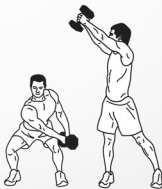
10 sit-up folds
x 4 sets in total
20 seconds rest between sets



10 sitting twists
x 4 sets in total
20 seconds rest between sets



10 side tilts
x 4 sets in total
20 seconds rest between sets



10 cross chops
x 4 sets in total
20 seconds rest between sets