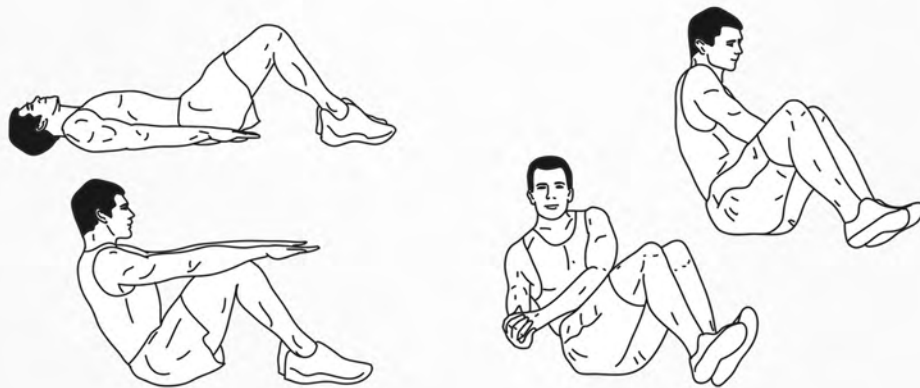


# classic abs

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

3 sets | 2 minutes rest between sets



**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists