

# EXPERT ABS

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

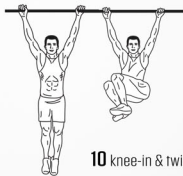
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 up and down plank + 3-count elbow plank hold



10 leg raises



10 knee-in & twist



20 sit-ups