

# **EXTRA** **CRUNCH**

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

Repeat 3 times in total



**30sec** crunches

**30sec** rest

**30sec** crunches

**30sec** rest

**30sec** crunches

**30sec** rest

**30sec** crunches

**60sec** rest