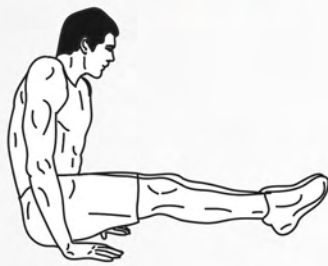
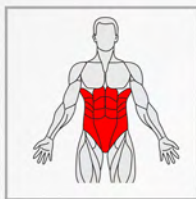


# extreme abs

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

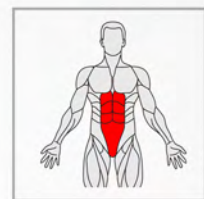
30 seconds each exercise | no rest between exercises



L-sit hold



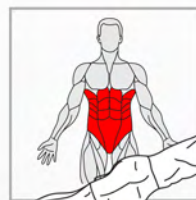
V-ups



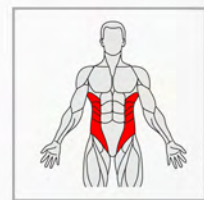
hollow hold



elbow plank crunches



up and down planks



side star plank