

GLADIATOR

DAREBEE WORKOUT

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abs

2 minutes rest
between exercises



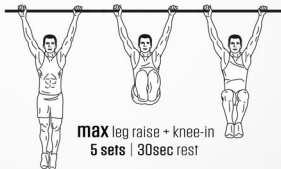
max knee-in & twist
5 sets | 30sec rest



max knee-in hold
5 sets | 30sec rest



max raised leg circles
5 sets | 30sec rest



max leg raise + knee-in
5 sets | 30sec rest



50 crunches
5 sets | 30sec rest