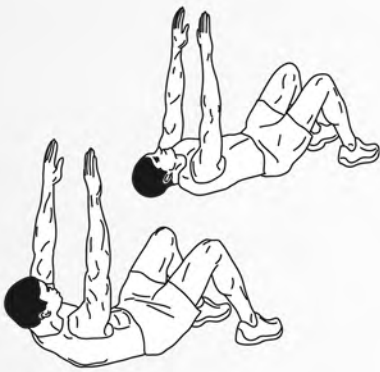


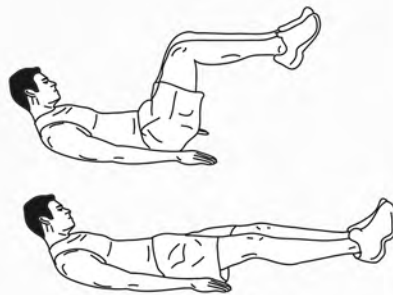
# Hello, abs!

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

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



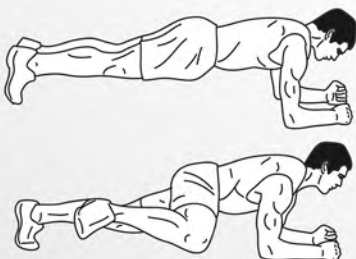
**10** high crunches



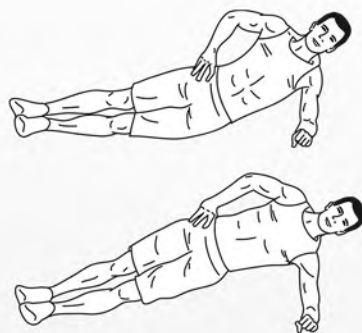
**10** crunch kicks



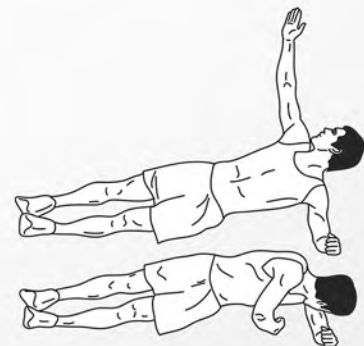
**10** knee-to-elbow crunches



**10** plank crunches



**10** side bridges



**10** side plank rotations