

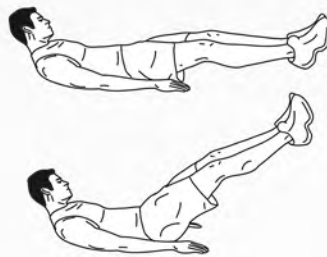
homemade **abs**

DAREBEE WORKOUT @ darebee.com

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



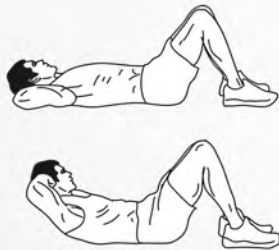
4 knee-to-elbows



10 leg raises



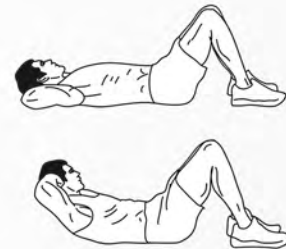
4 knee-to-elbows



10 crunches



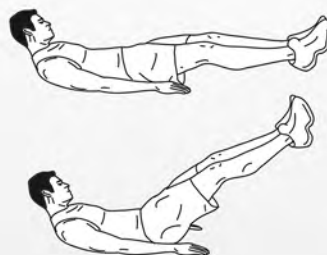
4 knee-to-elbows



10 crunches



4 knee-to-elbows



10 leg raises



4 knee-to-elbows