

# killer abs

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

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



**20sec** V-ups



**20sec** hollow hold



**20sec** knee-to-elbow



**20sec** side plank (left)



**20sec** elbow plank



**20sec** side plank (right)