

muffin top



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

20 high knees

6 knee-to-elbow crunches

20 high knees

6 knee-to-elbow crunches

20 high knees

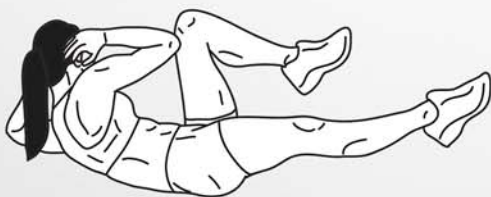
6 knee-to-elbow crunches

20 high knees

6 knee-to-elbow crunches

20 high knees

6 knee-to-elbow crunches



repeat **3** times

2 minutes rest in between