

SHREDDER

DAREBEE WORKOUT @ darebee.com

2 minutes rest between exercises

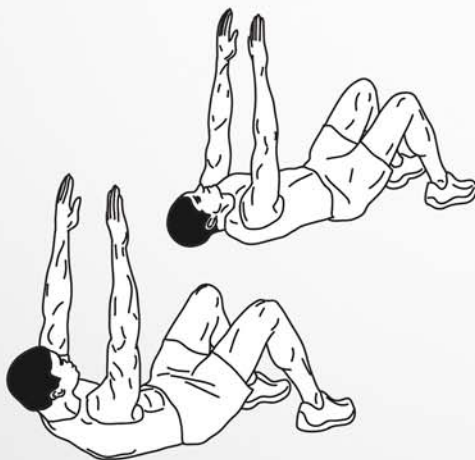
ab edition



30 knee to elbows x **3 sets** in total
30 seconds rest between sets



30 leg raises x **3 sets** in total
30 seconds rest between sets



30 high crunches x **3 sets** in total
30 seconds rest between sets



30 flutter kicks x **3 sets** in total
30 seconds rest between sets