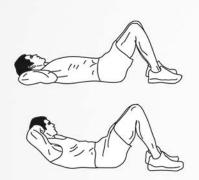
SIX pack

DAREBEE WORKOUT © darebee.com

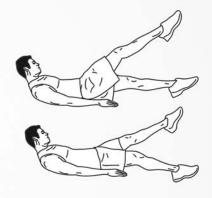
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 crunches



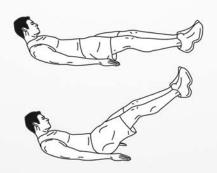
20 cross crunches



20 flutter kicks



10 sitting twists



10 leg raises



20 side jackknives