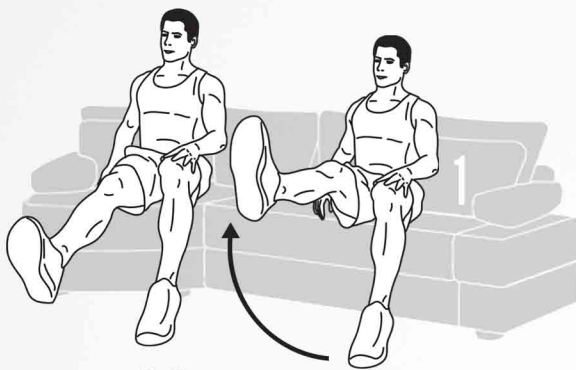


# sofa abs

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

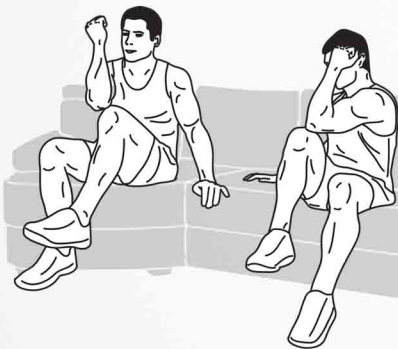
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



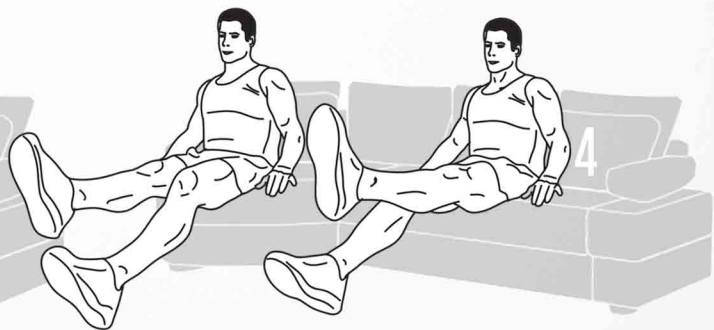
**20** leg swings



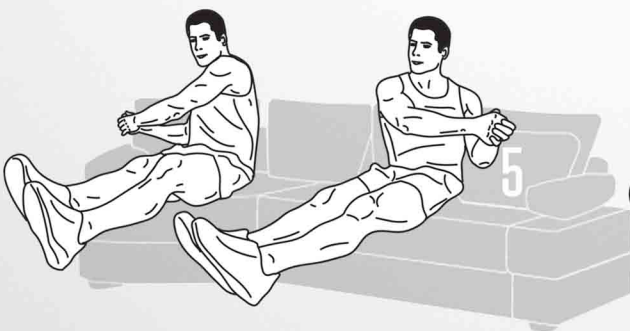
**20-count** raised knees hold



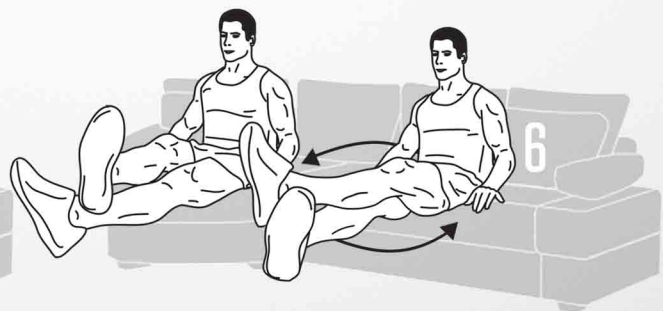
**20** knee to elbows



**20** flutter kicks



**10** raised legs twists



**10** scissors