

# ab crunch

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

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



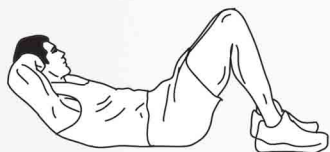
**20** crunches



**10** cross crunches



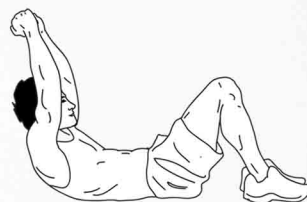
**10** long arm crunches



**20** crunches



**10** cross crunches



**10** long arm crunches



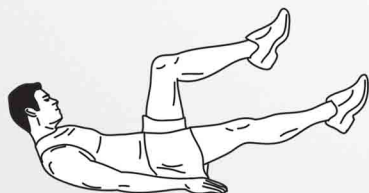
**20** air bike crunches



**10** knee crunches



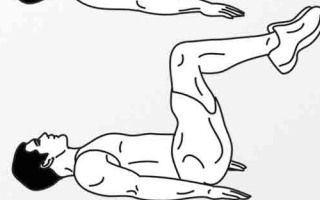
**10** reverse crunches



**20** air bike crunches



**10** knee crunches



**10** reverse crunches