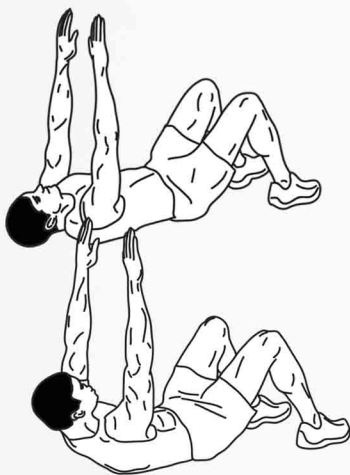


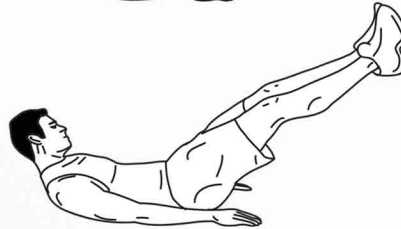
# Good morning, **abs**

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

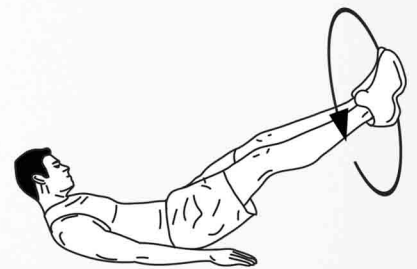
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



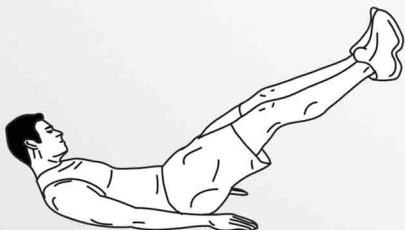
**10** high crunches



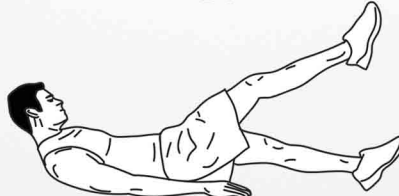
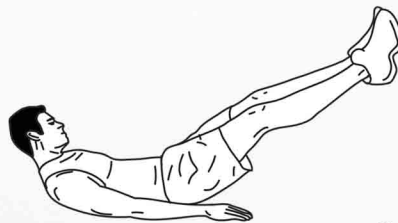
**10** leg raises



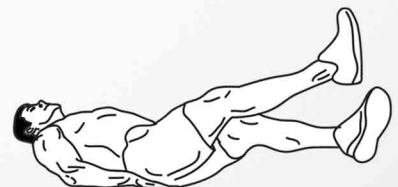
**10** raised leg circles



**10-count** raised leg hold



**10** flutter kicks



**10** scissors