

abs defined

DAREBEE WORKOUT @ darebee.com

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



10 reverse crunches



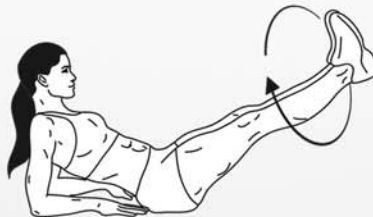
10 sitting twists



10 butterfly sit-ups



10 crunch kicks



10 raised leg circles



10-count raised leg hold