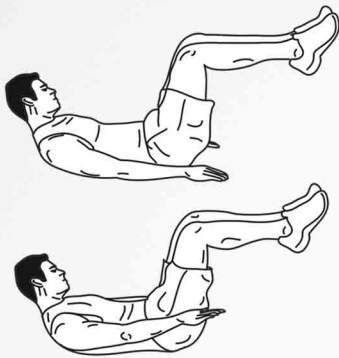


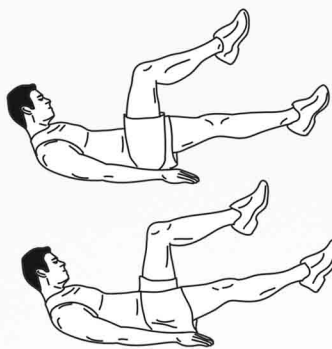
# abs unlocked

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

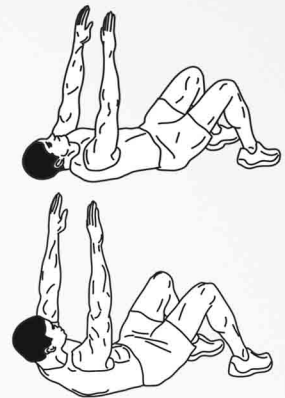
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



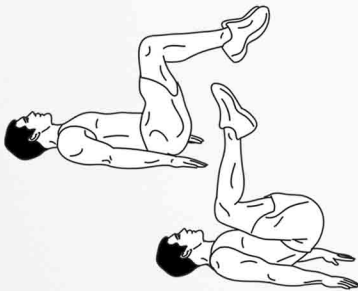
20 hundreds



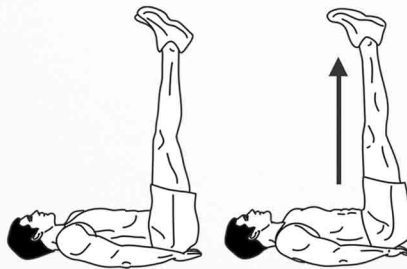
20 air bike crunches



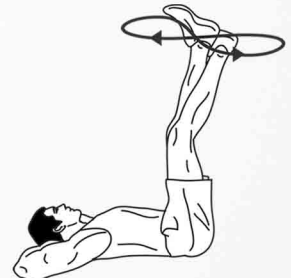
20 high crunches



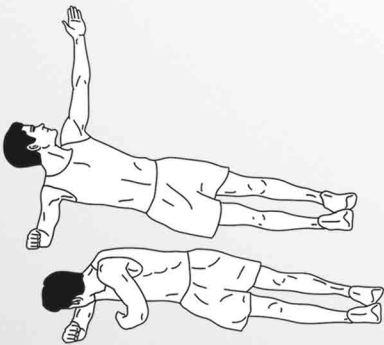
10 reverse crunches



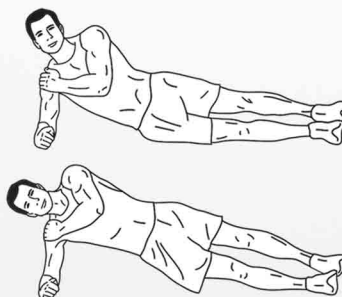
10 pulse-ups



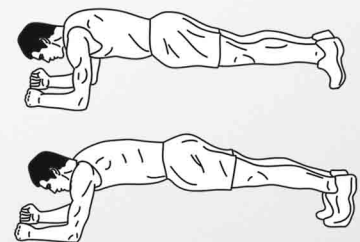
10 infinity circles



10 side plank rotations



10 side bridges



10 body saw