

# 2-minute abs

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

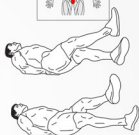
20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

# ab crunch

DAREBEE WORKOUT @ [darebee.com](http://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** air bike crunches



**10** knee crunches



**10** reverse crunches

# **ab** FINISHER

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



**30** crunches



**30** flutter kicks

**30** crunches

**30** flutter kicks



**30** crunches

**30** flutter kicks

**30** crunches



**30** flutter kicks

done

# anywhere

# abs

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



**40**  
side leg swings  
**x 2 sets** in total  
no rest between sets  
1 set per leg



**10**  
twists  
**x 4 sets** in total  
20 seconds rest  
in between sets



**40**  
forward leg swings  
**x 2 sets** in total  
no rest between sets  
1 set per leg



**10**  
knee-to-elbows  
**x 4 sets** in total  
20 seconds rest  
in between sets

# beginner 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



**10** crunches



**10** air bike crunches



**10** sitting twists



**10-count** raised leg hold



**10-count** plank hold



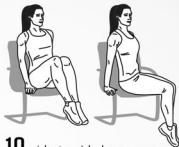
**10** plank leg raises

# chair abs

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10 crunch kicks



10 side-to-side knee sweeps



10 knee-to-elbows



10 leg raises



10 cycling crunches

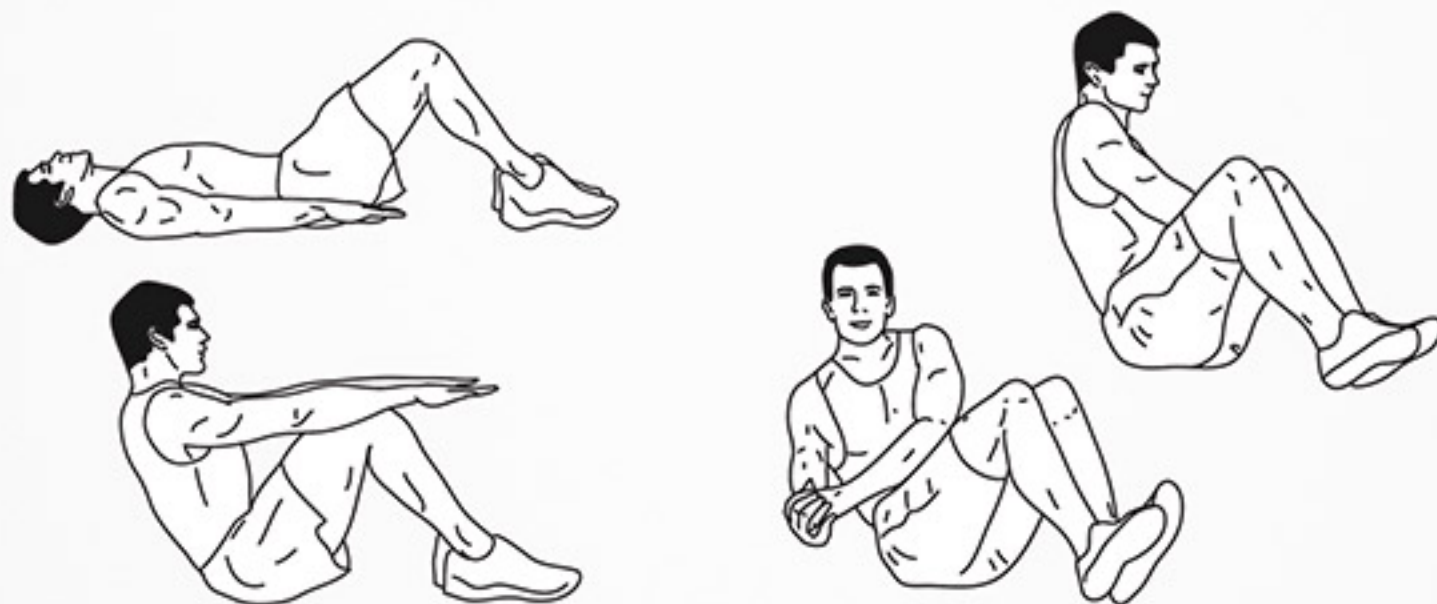


10 sitting twists

# classic abs

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

3 sets | 2 minutes rest between sets



**10** sit-ups

**4** sitting twists

**10** sit-ups

**4** sitting twists

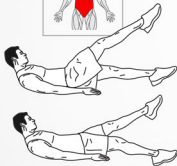
**10** sit-ups

**4** sitting twists

# LAZY ABS

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 30 seconds



**50 flutter kicks**

*chin tucked in  
and off the floor  
go slow*



**10 back extensions**

*go slow -  
count to 3  
as you come up*



# MICRO SHRED

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20 crunches



10 leg raises



20 crunches

10 leg raises

20 crunches

10 leg raises



20 crunches

10 leg raises

20 crunches

10 leg raises

done

# standing abs

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
repeat 3 times | up to 2 minute rest between sets

IN COLLABORATION WITH **NHS** choices



20 knee-to-elbows



20 high knees



10 torso twists



20 side leg raises



20 high knees



10 torso twists