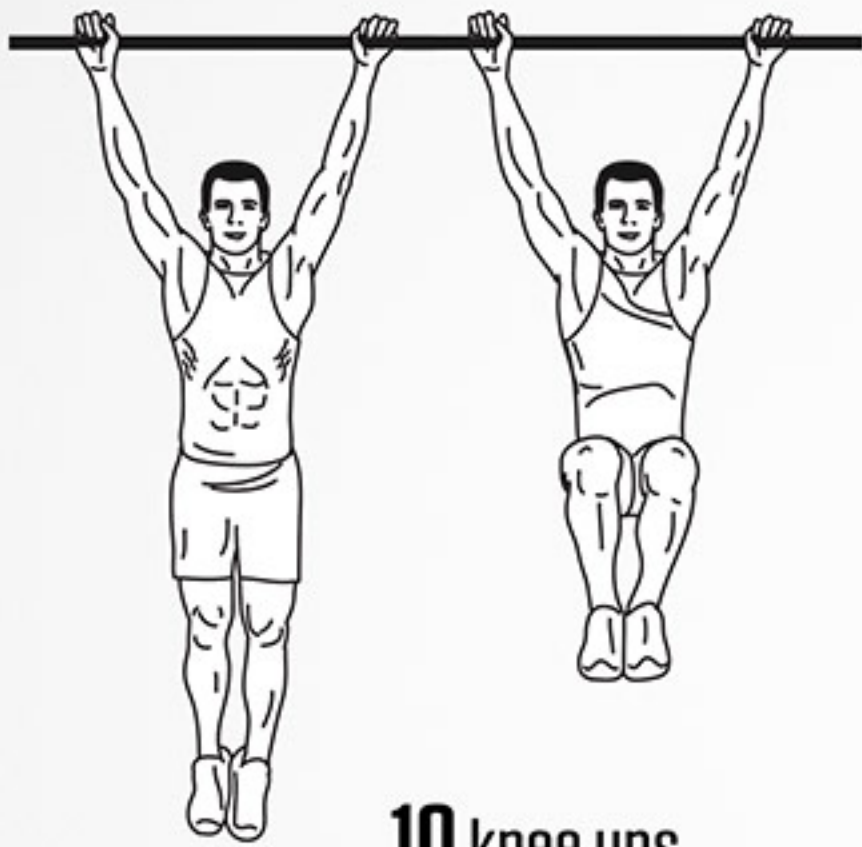


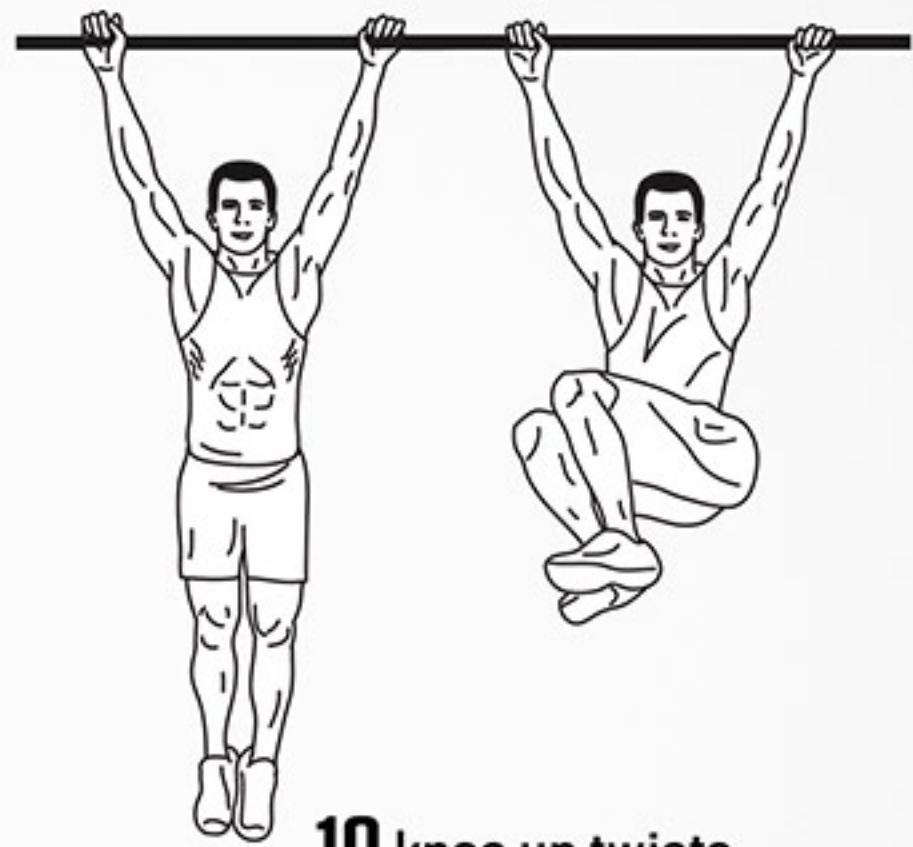
ab master

DAREBEE WORKOUT @ darebee.com

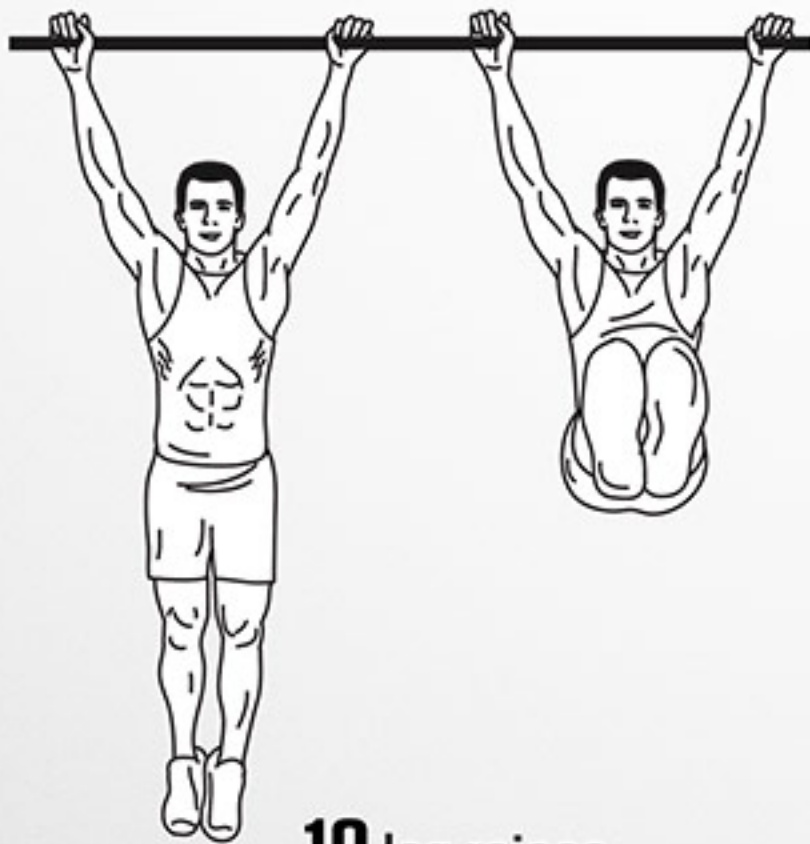
1 minute rest between exercises



10 knee ups
3 sets | 20 seconds rest



10 knee up twists
3 sets | 20 seconds rest



10 leg raises
3 sets | 20 seconds rest



10 raised leg circles
3 sets | 20 seconds rest

abs fold

DAREBEE WORKOUT @ darebee.com

Repeat 3 times | 2 minutes rest between sets



20sec hold
raised leg hold
just off the floor



20sec hold
bring your knees in
and hold



20sec hold
extend your legs
at ~45 degrees and hold



20sec folds
fold in & out
as fast as you can



20sec leg raises
do leg raises -
keep legs off the floor



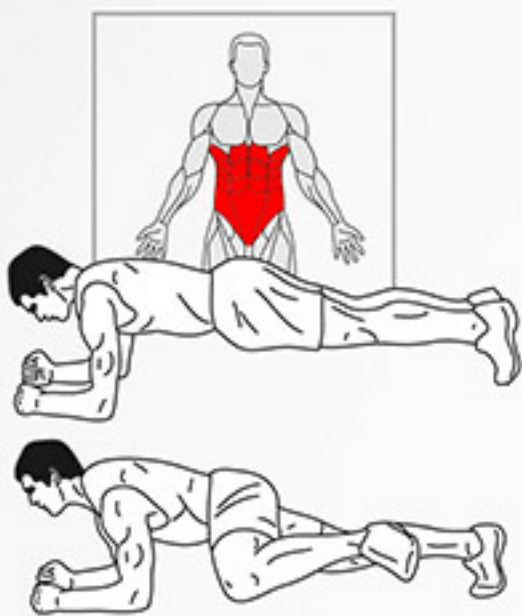
20sec hold
raised leg hold
just off the floor

abs pro

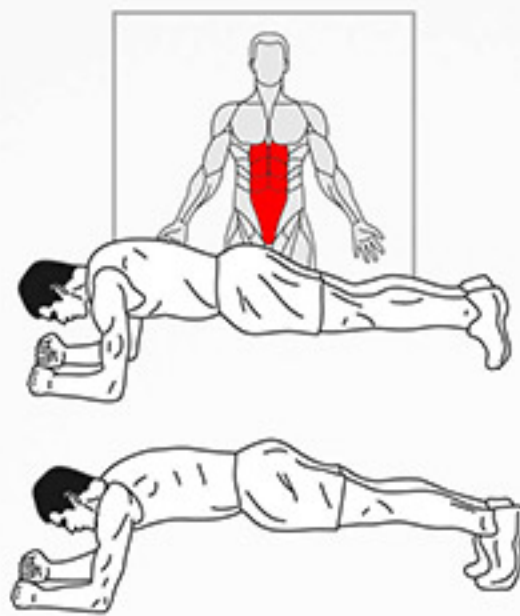
DAREBEE AB WORKOUT

@ darebee.com

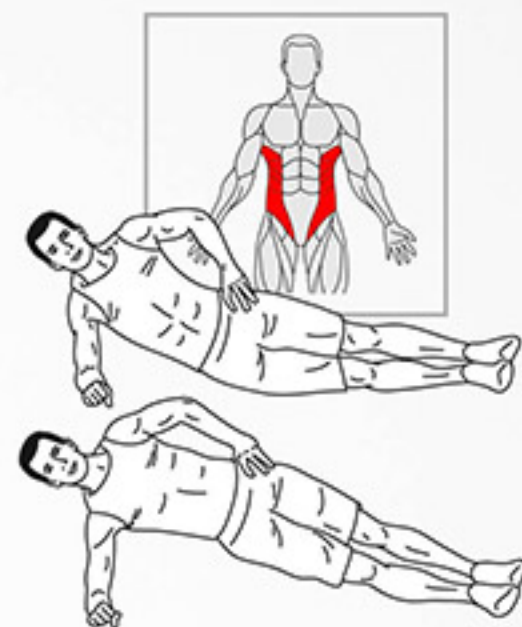
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



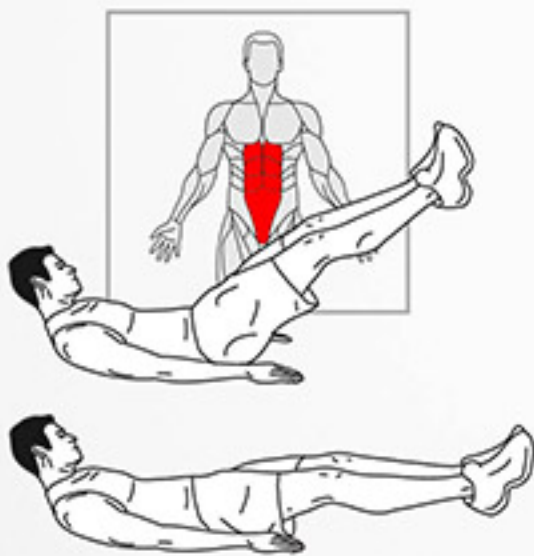
10 plank crunches



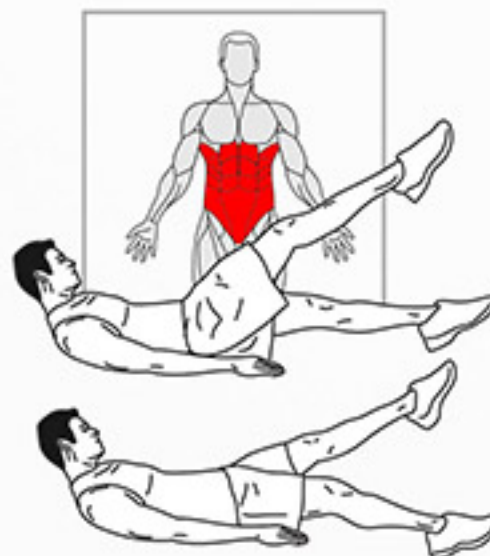
10 body saw



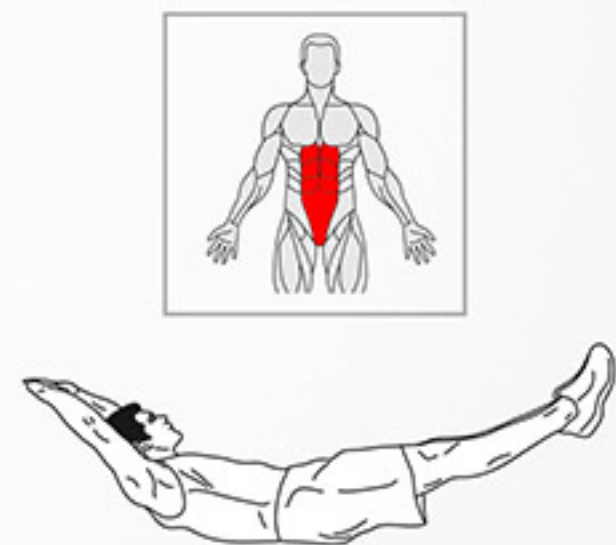
10 side bridges



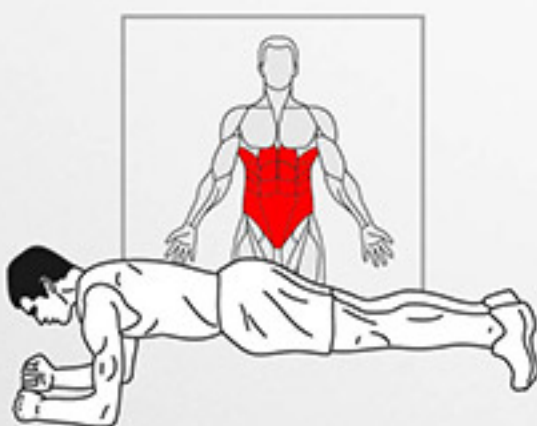
20 leg raises



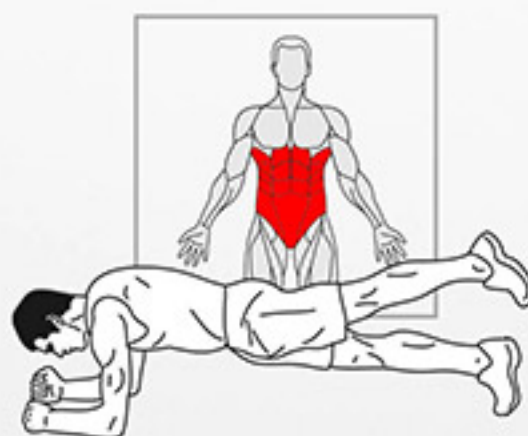
20 flutter kicks



20sec hollow hold



20sec elbow plank



20sec raised leg plank



20sec side plank

abs supreme

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise
repeat 3 times in total
60 seconds rest between sets



elbow plank hold



superman stretch hold



elbow plank hold



raised leg circles (left)



hollow hold



raised leg circles (right)

BOXER | ABS

DAREBEE BOXING WORKOUT © darebee.com

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



30 sit-up punches



30 siting punches



30 knee-ins & twists



30 flutter kicks



30 scissors



30 butt-ups



30-count plank



30-count raised leg plank

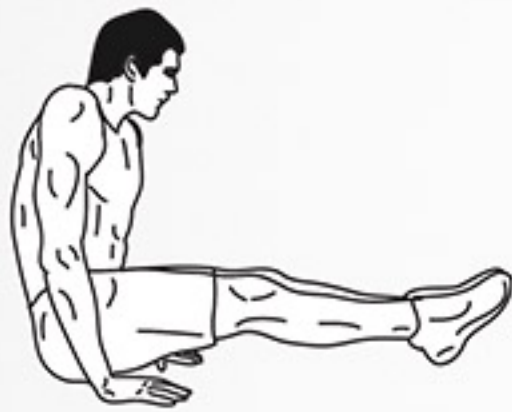


30-count side plank

extreme abs

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise | no rest between exercises



L-sit hold



V-ups



hollow hold



elbow plank crunches



up and down planks



side star plank

killer abs

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



20sec V-ups



20sec hollow hold



20sec knee-to-elbow



20sec side plank (left)



20sec elbow plank



20sec side plank (right)

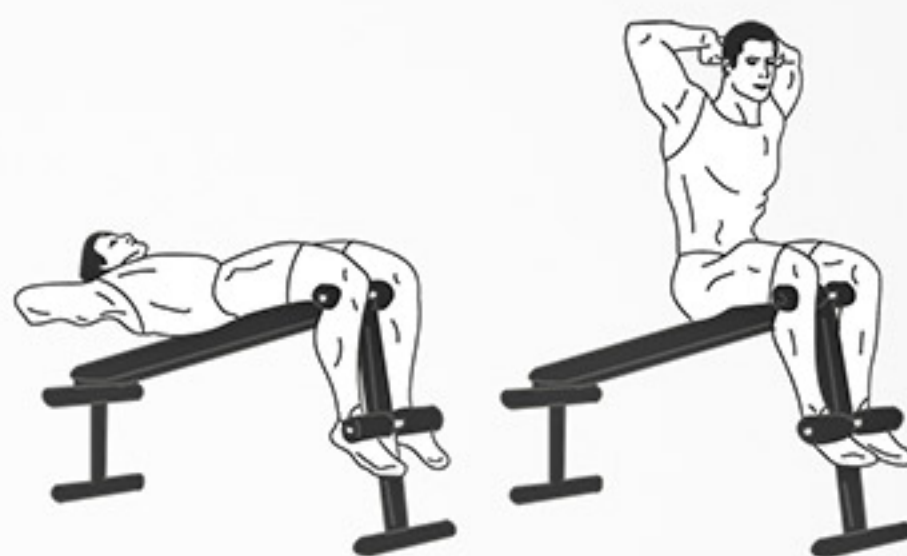
level up

DAREBEE WORKOUT
@ darebee.com

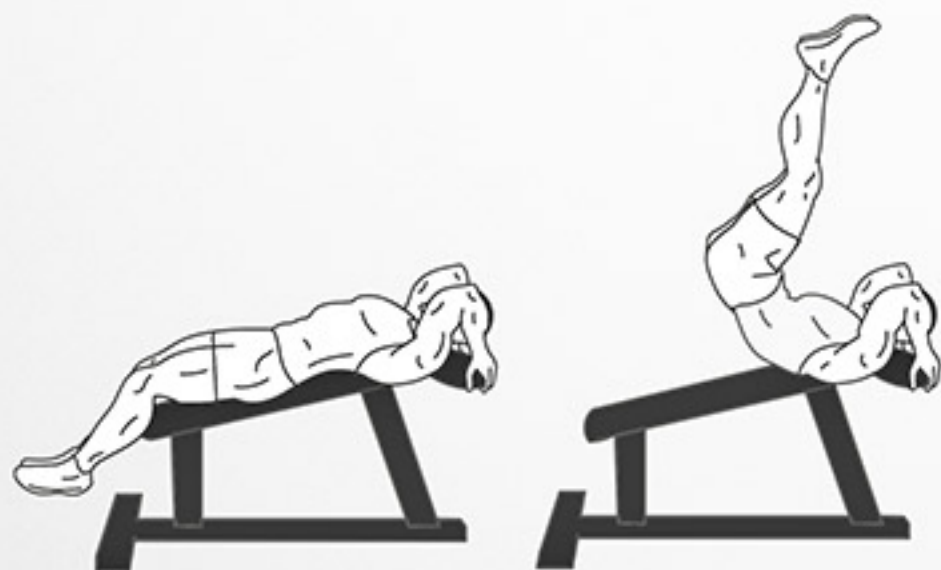
abs



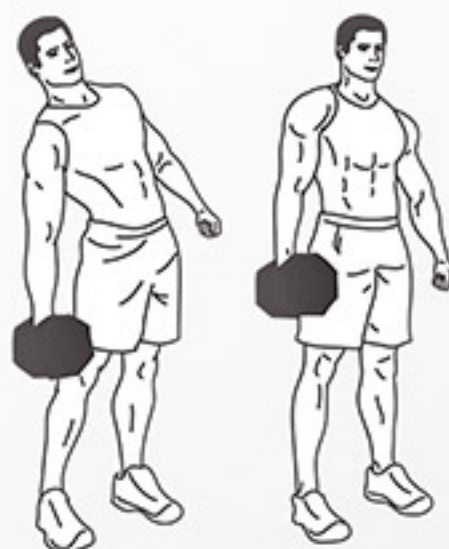
10 knee-ins
3 sets in total
30 sec rest in between



10 sit-ups
3 sets in total
30 sec rest in between



10 reverse crunches
3 sets in total
30 sec rest in between

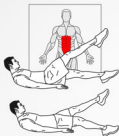


10 side bends
3 sets in total
30 sec rest in between

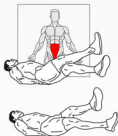
Master Pack

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



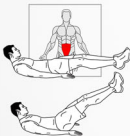
10 flutter kicks



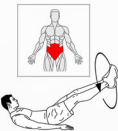
4 scissors



20 side leg raises



10 leg raises



4 raised leg circles



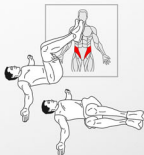
10-count raised leg hold



10 butt-ups



4 knee-in & twist



10 half wipers

superhero abs

DAREBEE WORKOUT © darebee.com

60 seconds rest between exercises



20 knee-to-elbow crunches x 4 sets

20 seconds rest between sets



20 leg raises x 4 sets

20 seconds rest between sets



2 minutes elbow plank hold
repeat once



2 minutes side elbow plank
one minute per side | repeat once



2 minutes hollow hold
repeat once



10 superman stretches x 4 sets

20 seconds rest between sets

Vcut

yoga for abs

by **SPYROS KAPNIAS GARUDANANDA**
for DAREBEE @ darebee.com

LEVEL I 20 seconds each

LEVEL II 30 seconds each

LEVEL III 60 seconds each



1. Boat Pose Hold



2. Leg Raises (90 degrees)



3. Boat Pose Hold



4. Boat Hold Flutter Kicks (slow)



5. Raised Legs Spread



6. Leg Raises (90 degrees) + Wide Spread