

ab master

DAREBEE WORKOUT @ darebee.com

1 minute rest between exercises



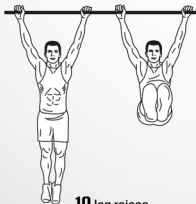
10 knee ups

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