

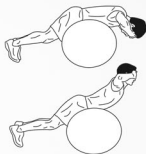
# ab sculpt

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

2 minutes rest between exercises



**20** sit-ups x **5 sets** in total  
30 seconds rest between sets



**10** back extensions x **5 sets** in total  
30 seconds rest between sets



**10 combos** roll out + push-up x **5 sets** in total  
30 seconds rest between sets