

ABS PRO

DAREBEE 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



10-count hollow hold



10-count elbow plank



10-count raised leg plank



10-count side plank