

DAREBEE WORKOUT

# anywhere

# abs

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**40** side leg raises **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** 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