

# armor abs

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

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



**6** leg raises



**6** raised leg circles



**6** scissors



**12** flutter kicks



**6** long arm crunches



**6** knee crunches



**6** side planks rotations



**6** side bridges



**12** plank arm raises