

# the art of **abs**

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

30 seconds rest between exercises



**14** crunches  
**x 5 sets** in total  
30 seconds rest  
between sets



**14** leg raises  
**x 5 sets** in total  
30 seconds rest  
between sets



**14** plank rotations  
**x 5 sets** in total  
30 seconds rest  
between sets



**14** plank leg raises  
**x 5 sets** in total  
30 seconds rest  
between sets



**14** plank crunches  
**x 5 sets** in total  
30 seconds rest  
between sets



**14** side bridges  
**x 5 sets** in total  
30 seconds rest  
between sets