

# BEGINNER

**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



**10** crunches



**10** air bike crunches



**10** sitting twists



**10-count** raised leg hold



**10-count** plank hold



**10** plank leg raises