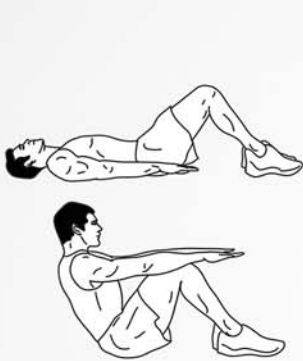


# code of abs

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

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



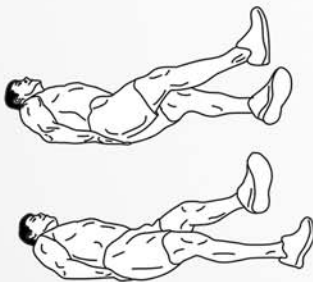
**10** sit-ups



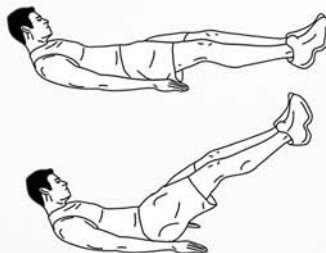
**10** reverse crunches



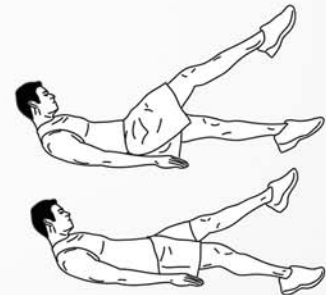
**10** sitting twists



**8** scissors



**8** leg raises



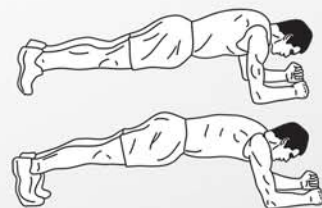
**10** flutter kicks



**10-count** plank hold



**10-count** elbow plank hold



**8** body saw