

# FLAT STOMACH

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

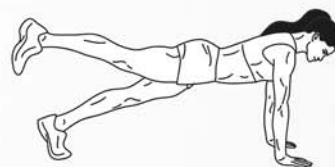
repeat 5 times in total | 2 minutes rest between sets



**40** high knees



**20** climbers



**40** plank leg raises



**40** high knees



**20** knee-to-elbow crunches



**40** raised leg crunches