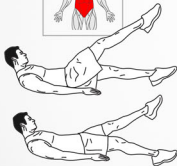


LAZY ABS

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 30 seconds



50 flutter kicks

*chin tucked in
and off the floor
go slow*



10 back extensions

*go slow -
count to 3
as you come up*