

lower abs

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes
keep your legs up throughout the set



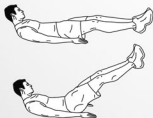
20 crunch kicks



20 flutter kicks



20 scissors



20 leg raises



20 raised leg circles



20-count hold