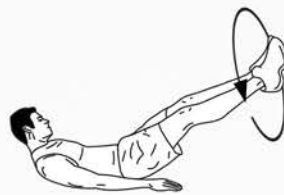


master of abs

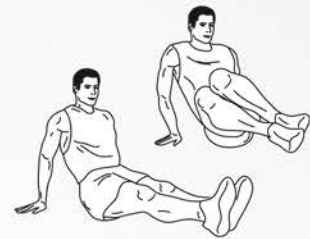
DAREBEE WORKOUT @ darebee.com



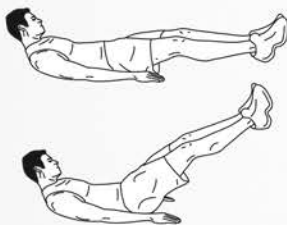
10 crunch kicks
3 sets in total
30sec rest



6 raised leg circles
3 sets in total
30sec rest



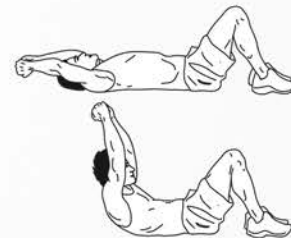
10 knee in & twist
3 sets in total
30sec rest



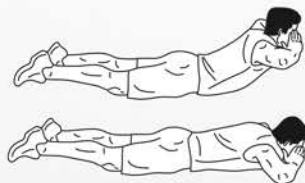
10 leg raises
3 sets in total
30sec rest



10 reverse crunches
3 sets in total
30sec rest



10 long arm crunches
3 sets in total
30sec rest



10 back extensions
3 sets in total
30sec rest