

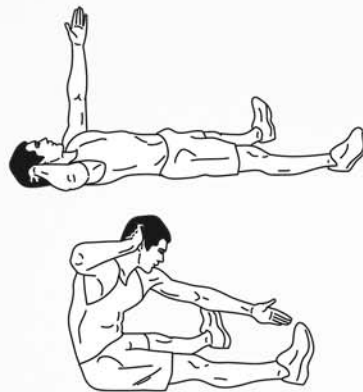
origami **abs**

DAREBEE WORKOUT @ darebee.com

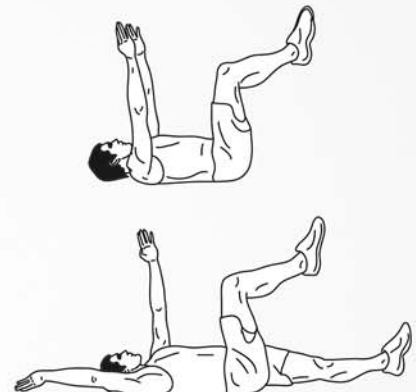
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



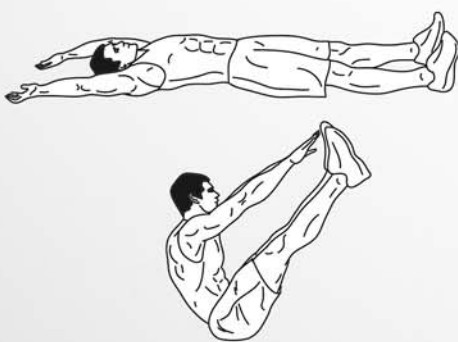
20 sit-up + crunch kick



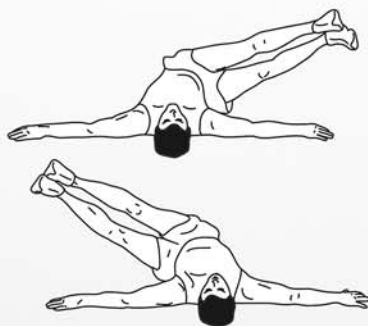
20 sit-up + reach



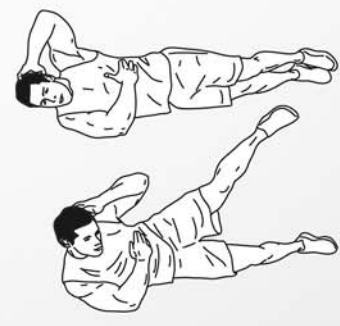
20 dead bug



20 V-ups



20 windshield wipers



20 side jackknives