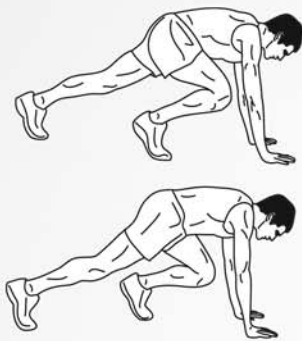


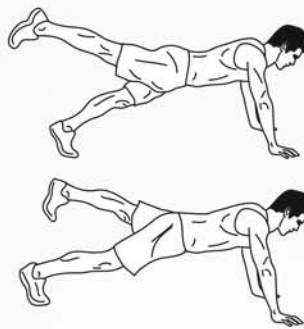
# power abs

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

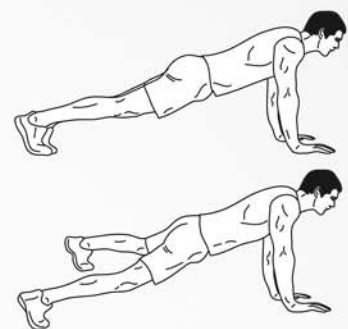
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



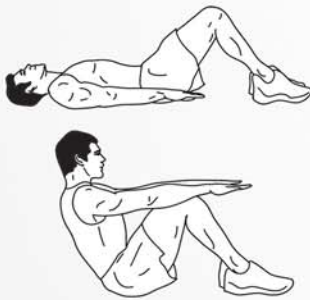
20 climbers



20 plank leg raises



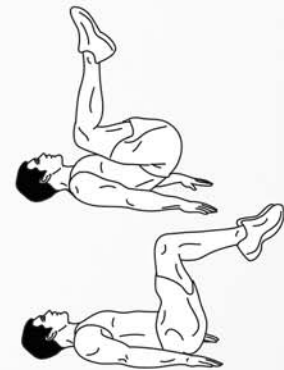
20 plank jacks



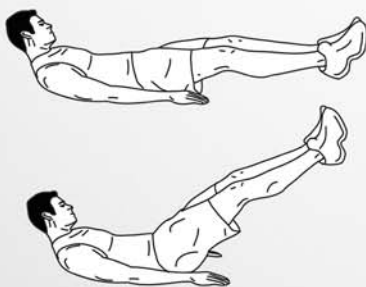
10 sit-ups



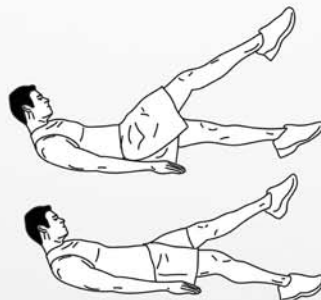
10 sitting twists



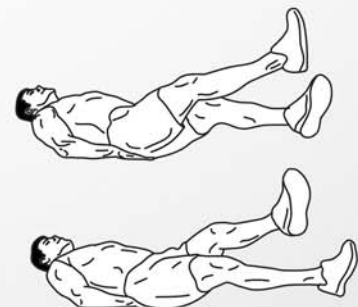
10 reverse crunches



10 leg raises



10 flutter kicks



10 scissors