

superhero abs

DAREBEE WORKOUT © darebee.com

60 seconds rest between exercises



20 knee-to-elbow crunches x 4 sets

20 seconds rest between sets



20 leg raises x 4 sets

20 seconds rest between sets



2 minutes elbow plank hold
repeat once



2 minutes side elbow plank
one minute per side | repeat once



2 minutes hollow hold
repeat once



10 superman stretches x 4 sets

20 seconds rest between sets