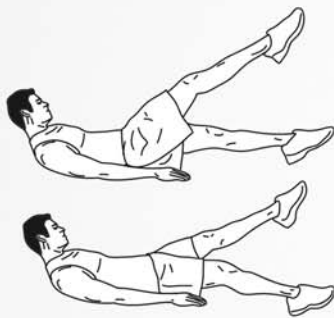


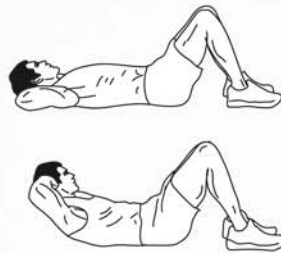
abs, please!

DAREBEE WORKOUT © darebee.com

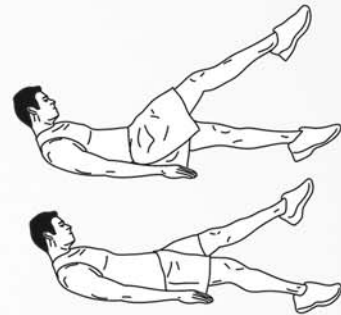
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 flutter kicks



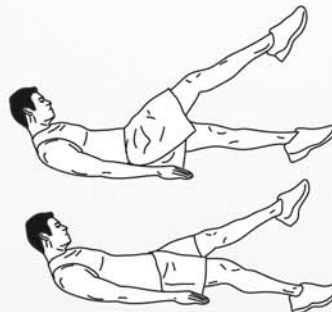
10 crunches



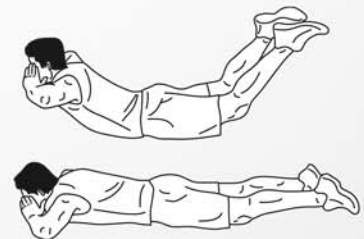
20 flutter kicks



10 heel taps



20 flutter kicks



10 back extensions