

easy abs

DAREBEE WORKOUT @ darebee.com

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



10 crunches



10 cross crunches



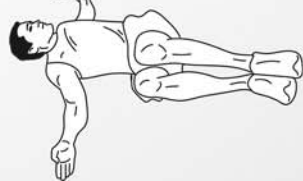
10 heel taps



5 leg raises



5 raised leg circles



10 half wipers