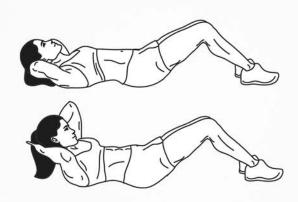


## DAREBEE WORKOUT © darebee.com

Repeat 3 times in total



30sec crunches

30sec rest

**30sec** crunches

30sec rest

30sec crunches

30sec rest

30sec crunches

60sec rest