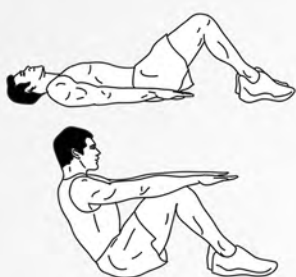
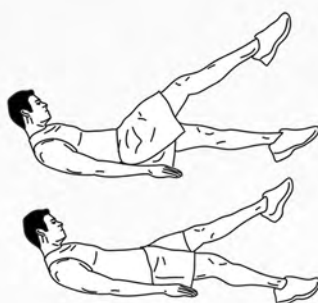


express abs

DAREBEE WORKOUT © darebee.com



10 sit-ups



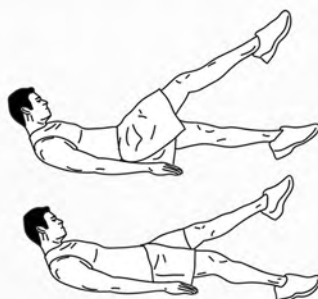
10 flutter kicks



10-count crunch hold



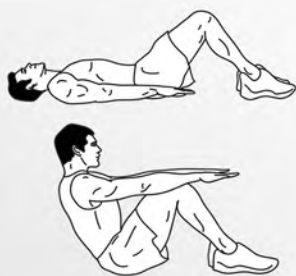
10 sit-ups



10 flutter kicks



10-count raised leg hold



10 sit-ups



10 sitting twists



10-count hollow hold