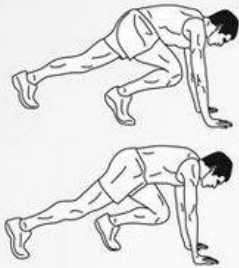


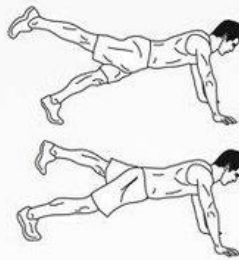
# power abs

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

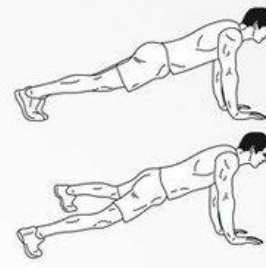
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



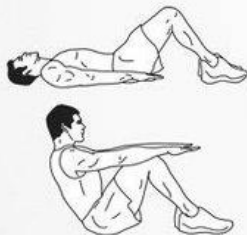
20 climbers



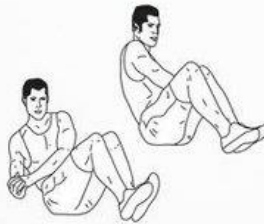
20 plank leg raises



20 plank jacks



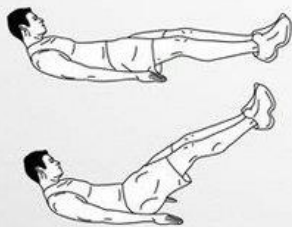
10 sit-ups



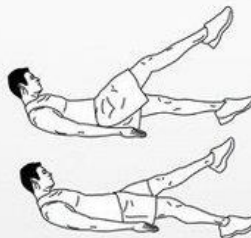
10 sitting twists



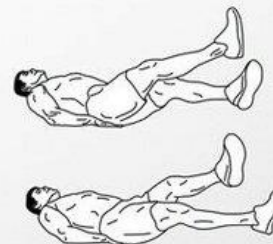
10 reverse crunches



10 leg raises



10 flutter kicks



10 scissors

NEILA REY WORKOUT

neilarey.com

# Bruce Lee abs

reps each **level I** 20 reps **level II** 30 reps **level III** 40 reps **bruce lee** 90 reps



1. Russian twist



2. leg raises



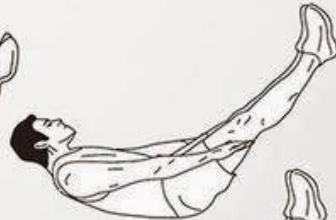
3. crunches



4. heel touches



5. modified V-sits



6. hundreds

**level I** 3 sets **level II** 5 sets **level III** 7 sets **rest between sets** up to 2 minutes