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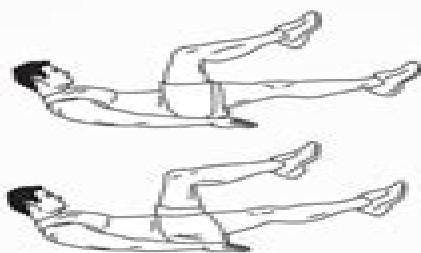
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



10 crunches



10 air bike crunches



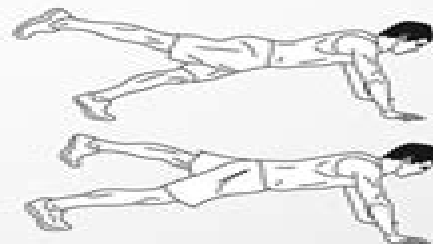
10 sitting twists



10-count raised leg hold



10-count plank hold



10 plank leg raises

The Beginner Workout

F Rizvi



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