

# sofa 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 leg swings



20-count raised knees hold



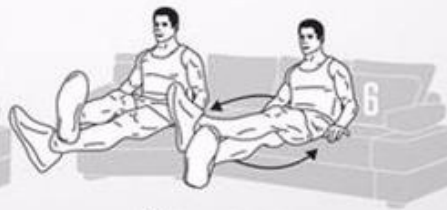
20 knee to elbows



20 flutter kicks



10 raised legs twists



10 scissors