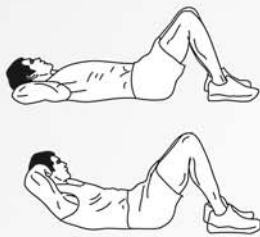
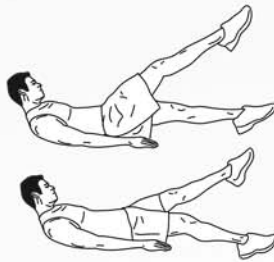


super abs

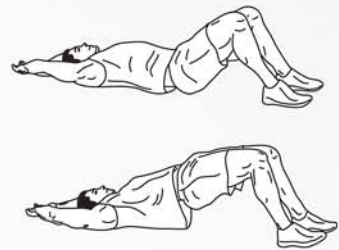
WORKOUT by DAREBEE © darebee.com



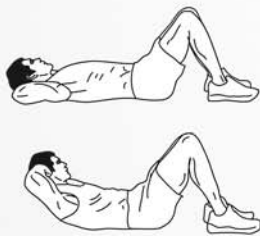
20 crunches



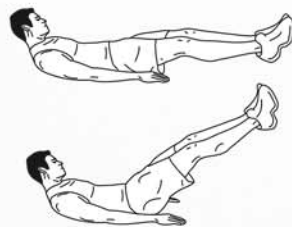
10 flutter kicks



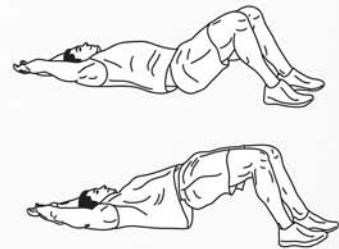
10 bridges



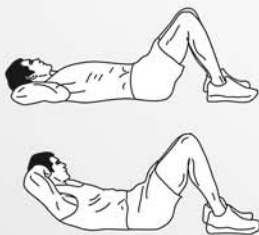
20 crunches



10 leg raises



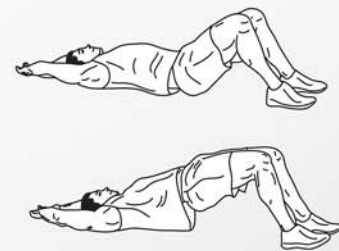
10 bridges



20 crunches



10 heel taps



10 bridges