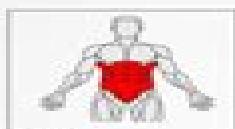


# 2-minute **abs**

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

20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

# Instant Abs User Manual

**Samuel Hayman**



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