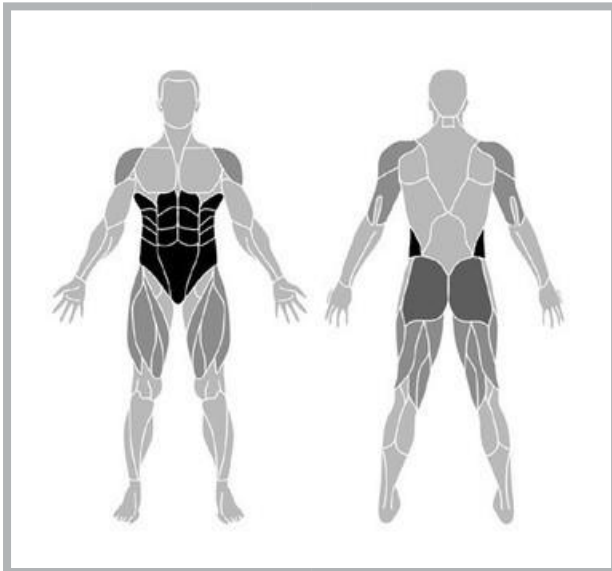


When you're talking six-pack you're really talking about more muscle groups than one. The abdominals are made up of four distinct muscle groups: the Transverse Abdominis (also called core), the External Abdominal Obliques, the Internal Abdominal Obliques, the Rectus Abdominis (which also happen to be handily divided into upper and lower abdominals). The Master Pack workout takes care of them all.

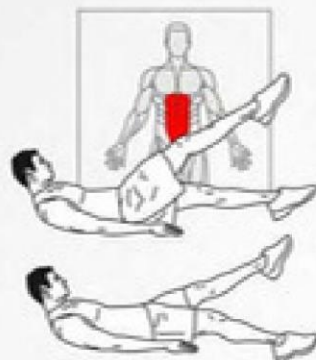
Focus: Abs



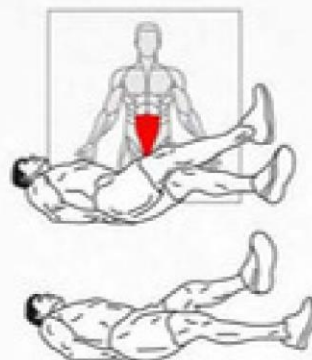
Master Pack

DAREBEE WORKOUT © darebee.com

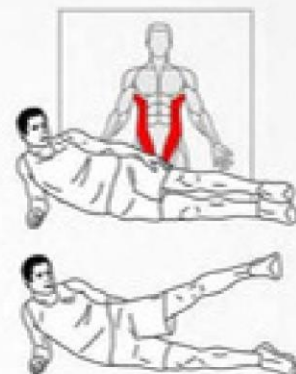
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



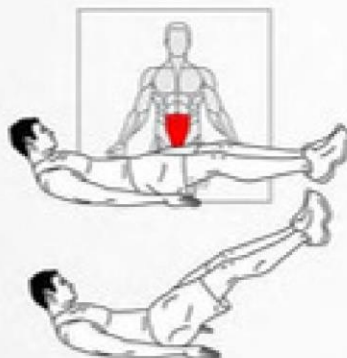
10 flutter kicks



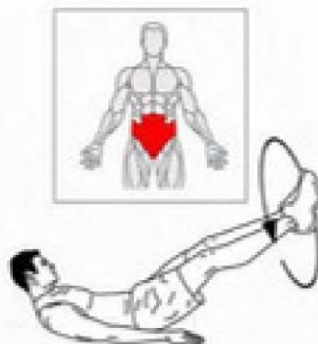
4 scissors



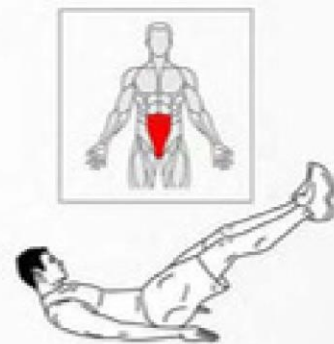
20 side leg raises



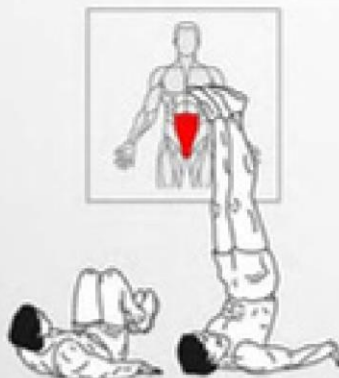
10 leg raises



4 raised leg circles



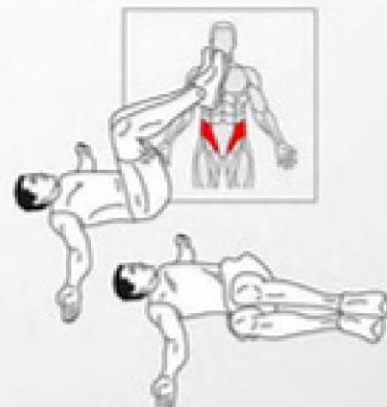
10-count raised leg hold



10 butt-ups



4 knee-in & twist



10 half wipers

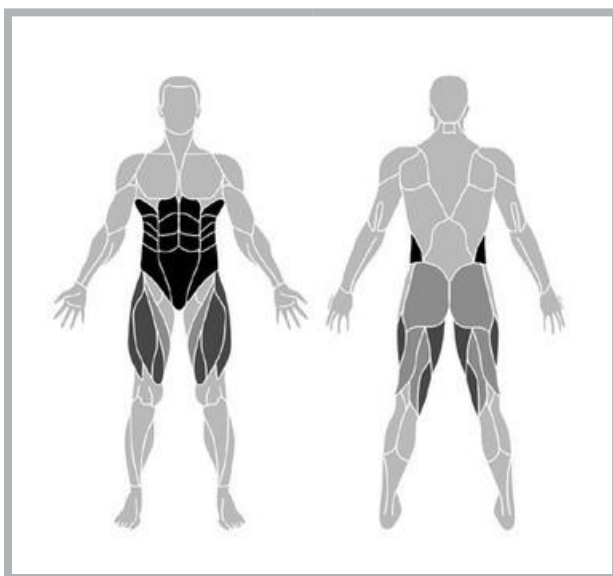
10

Sofa Abs

At the end of a busy day, all you want is the chance to put work out of your mind, land on the sofa, turn the telly on and ... work your abs. The sofa's your gym. Your body is your equipment. This is the Sofa Abs workout. If you're on the sofa, it's time to work your abs.

Make it harder: You shouldn't. It's a sofa workout, after all but if you happen to have a pair of ankle weights lying around, now's the time to strap them on.

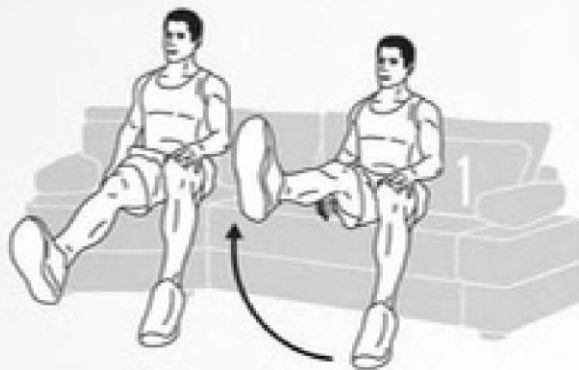
Focus: Abs



sofa abs

DAREBEE WORKOUT © darebee.com

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



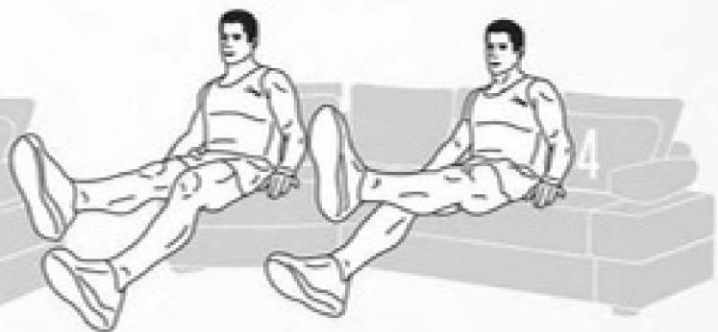
10 leg swings



10-count raised knees hold



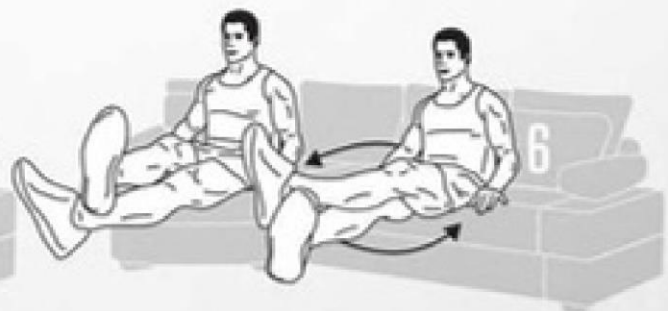
10 knee to elbows



10 flutter kicks



10 raised legs twists



10 scissors