

# ab hub

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

**Level I** 3 sets

**Level II** 4 sets

**Level III** 5 sets

2 minutes rest  
between sets



**one push-up**  
after each exercise



**10-count** plank hold



**10** plank jacks



**10-count** plank hold



**10** climbers



**10-count** plank hold



**10** plank jump-ins

# ACTIVE PLANK

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

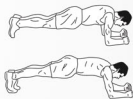
Repeat 3 times 2 minutes rest between sets



10 plank leg raises



10 plank side crunches



10 body saw



10 plank rolls



10 side plank dips



10 side plank rotations

# CODEx

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

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes  
hands never off the ground



10 plank leg raises



4 push-ups



10-count plank



10 climbers



4 plank jacks



4 plank jump-ins

# COORE

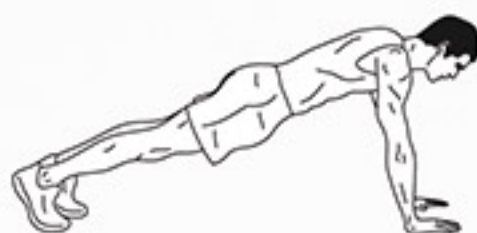
## CONDITIONING

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

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



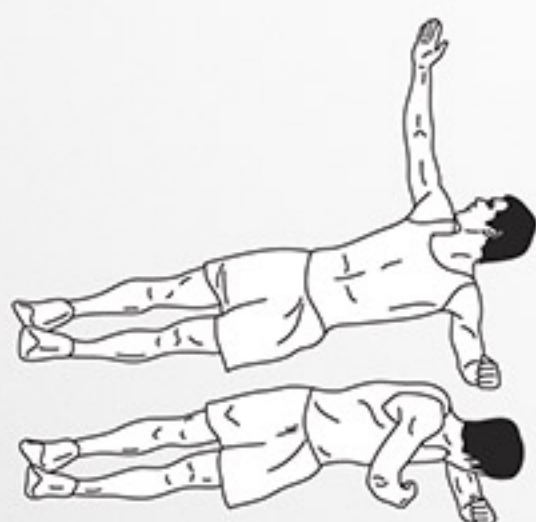
**10** plank crunches



**5** up & down planks



**10-count** plank hold



**5** side plank rotations



**5** side bridges



**10-count** side plank hold

change sides and repeat the sequence

# core connect

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

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



4 plank leg raises



10 plank arm raises



4 body saw



4 plank rotations



10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations

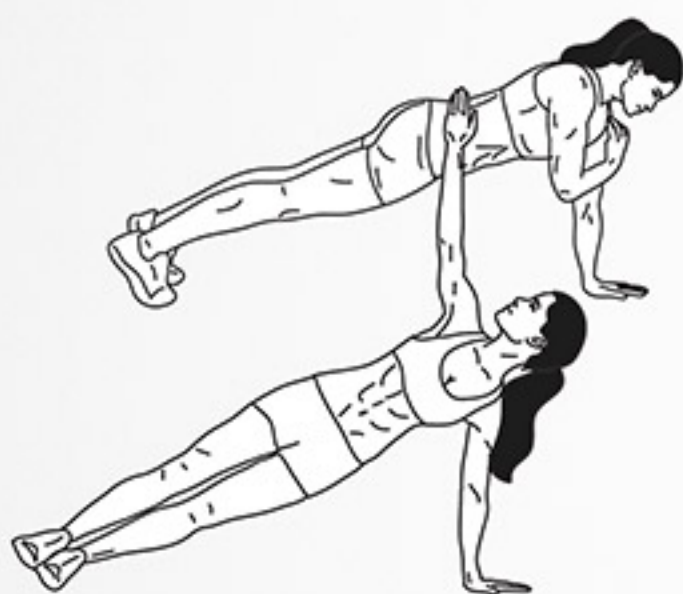


to fatigue elbow plank

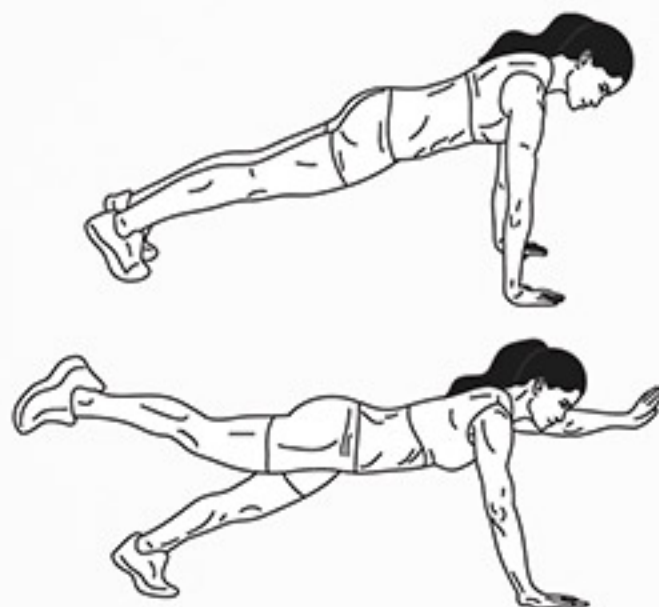
# CORE CONTROL

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

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



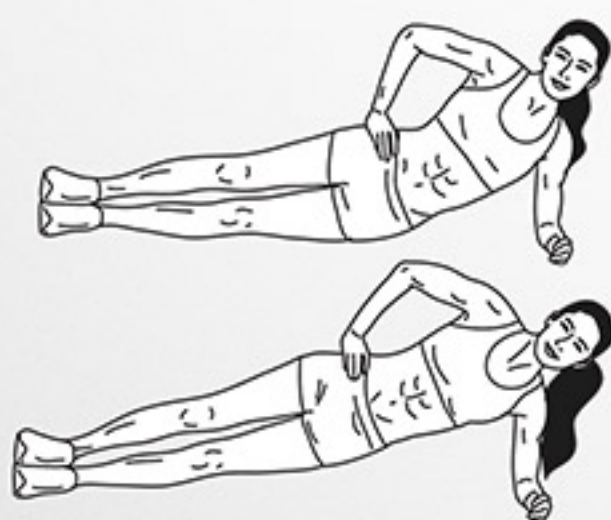
10 shoulder tap + rotation



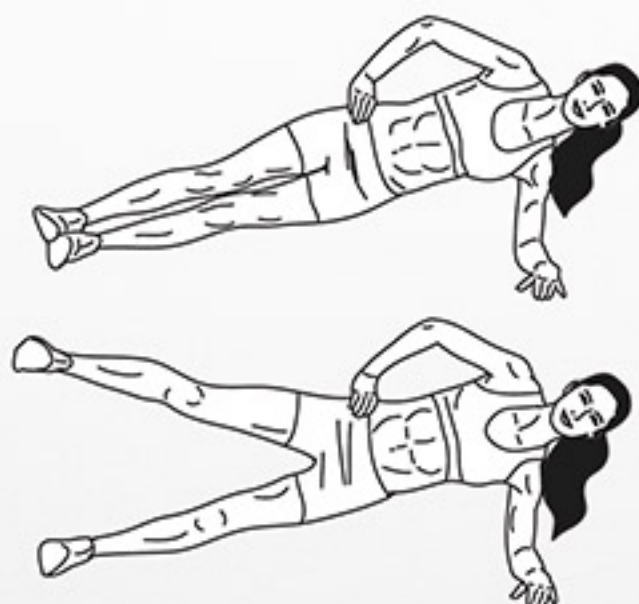
10 alt arm/leg raises



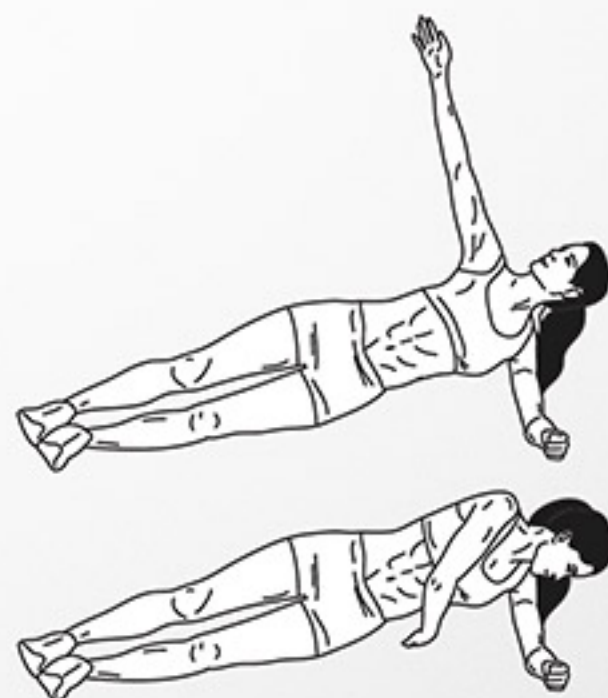
10 sit-outs



10 side plank raises



10 side plank leg raises



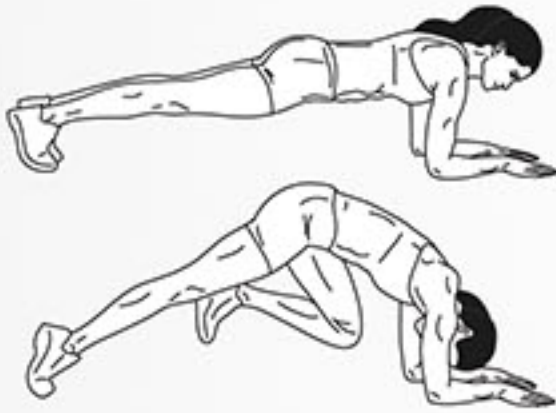
10 side plank rotations

# Flow **core**

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

**10 reps** each exercise

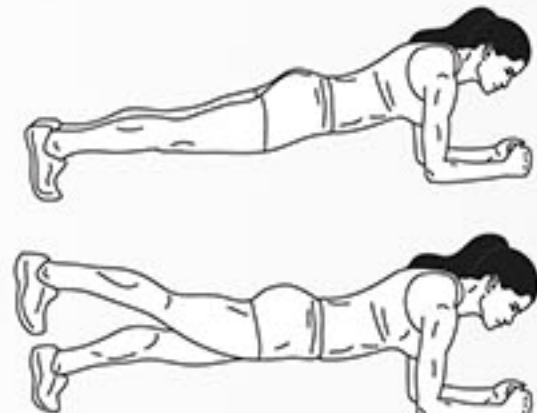
Change sides and repeat the sequence.



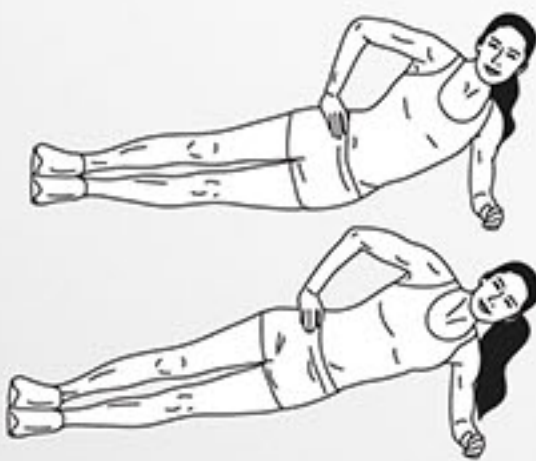
plank knee-ins



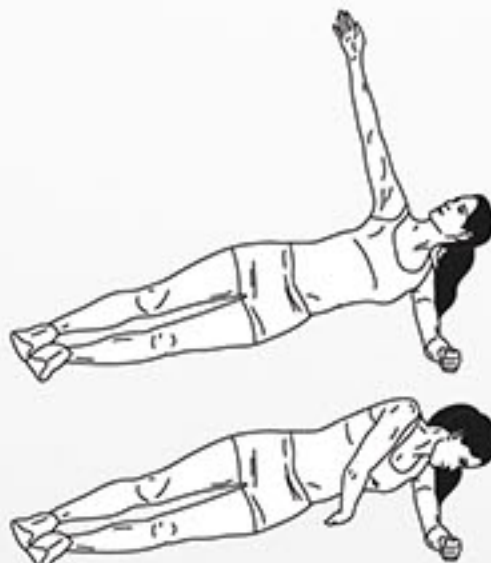
plank step-outs



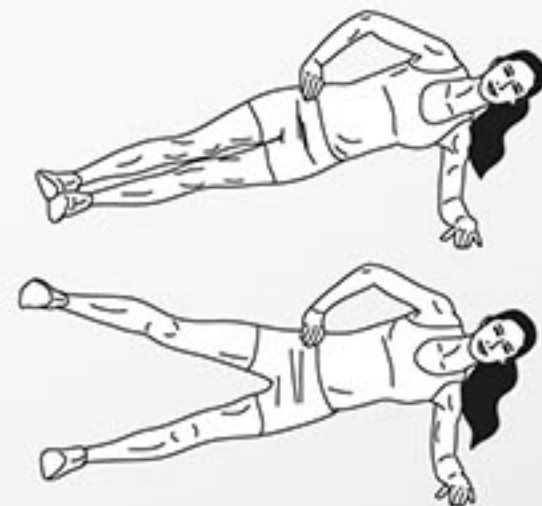
plank leg raises



side bridges



side plank rotations



side plank leg raises

# core

*for runners*

WORKOUT

BY DAREBEE

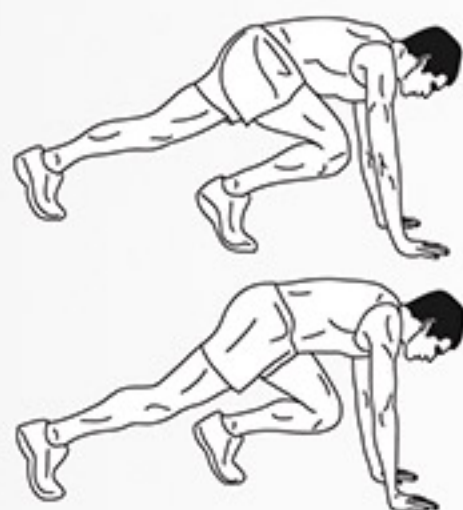
@ [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

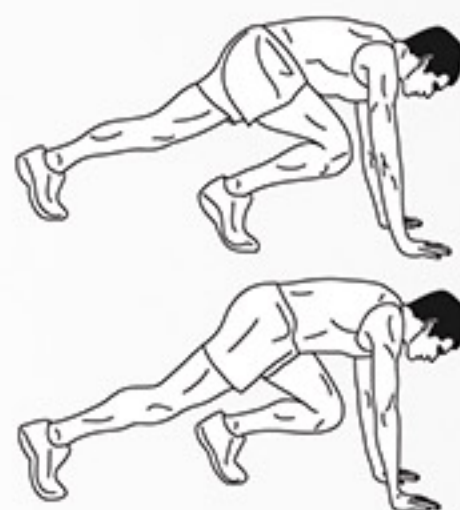
REST up to 2 minutes



**10** climbers



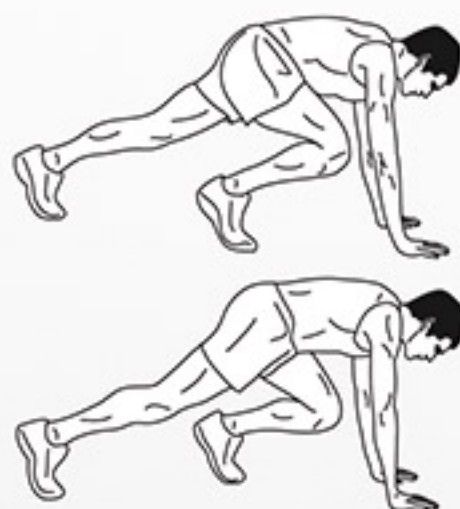
**10** plank rolls



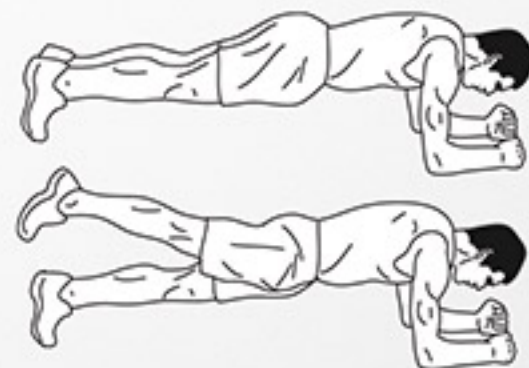
**10** climbers



**10** side plank rotations



**10** climbers



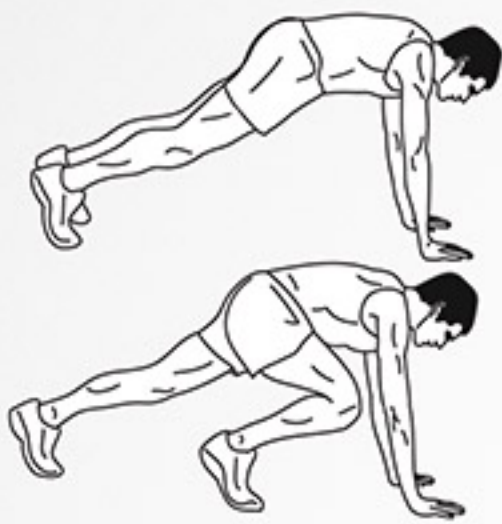
**10** plank leg raises



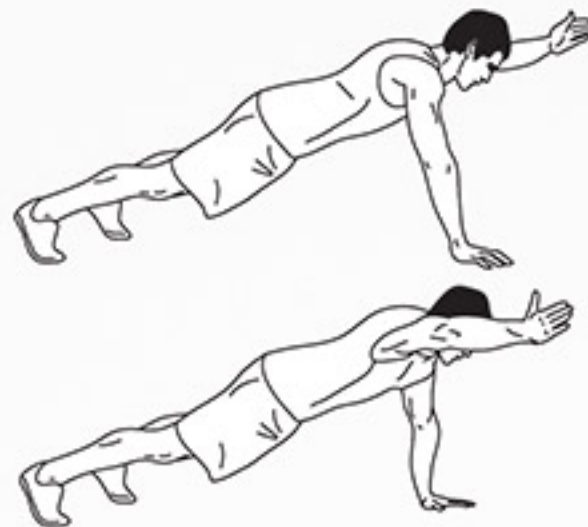
# core fusion

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

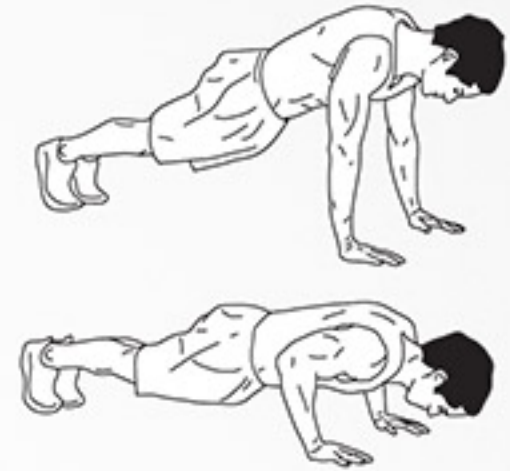
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



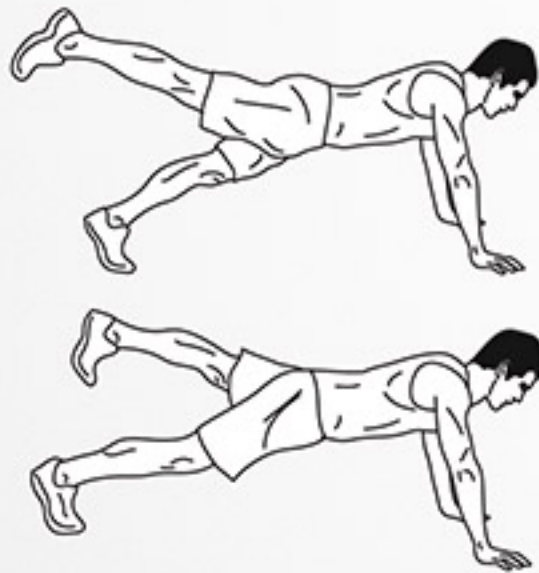
10 slow climbers



10 plank arm raises



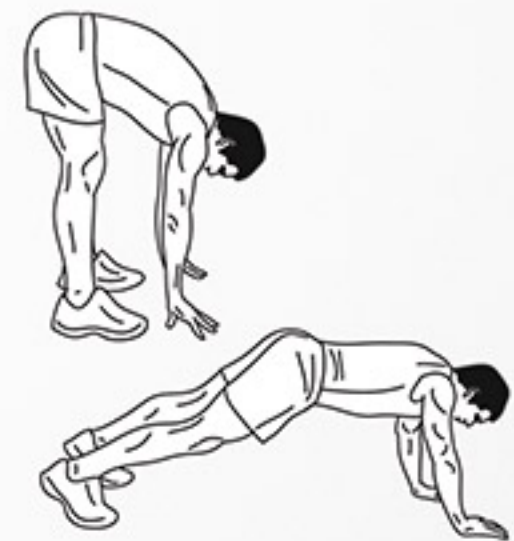
5 push-ups



10 plank leg raises



10 planks with rotations



5 plank walk-outs



5 up and down planks

# CORE TWISTER

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

Switch sides and repeat the sequence again.



**20 seconds**  
staggered plank hold



**20 seconds**  
archer plank hold



**20 seconds**  
one-arm plank hold



**20 seconds**  
knee-to-the-side  
plank hold



**20 seconds**  
raised leg plank hold



**20 seconds**  
tucked-in  
side plank hold

# epic plank

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

Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.

1



2



3



4



5



6



7



8



9



IT'S ME, I AM  
**HARD  
PEOPLE**

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 plank arm raises



20 plank rotations



20 shoulder taps

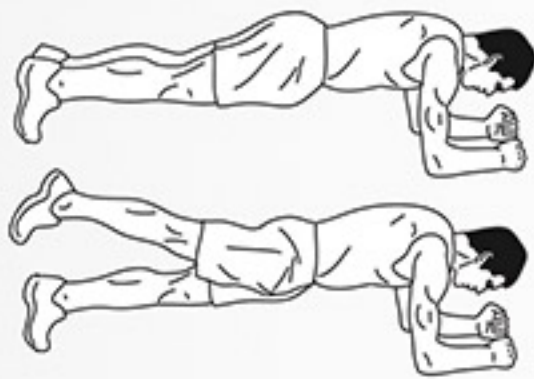


5 up & down planks

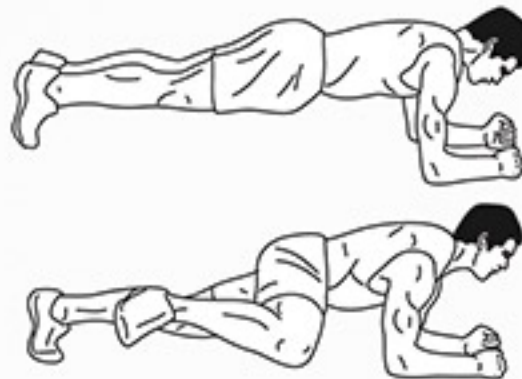
# killer core

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

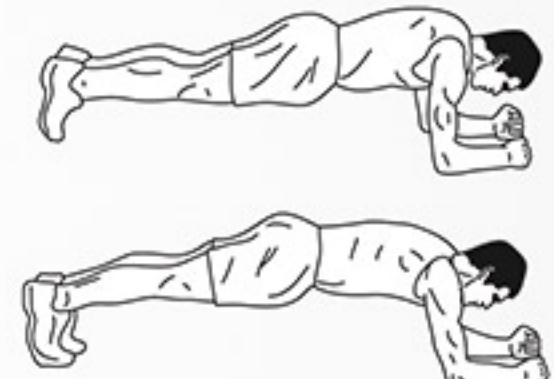
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



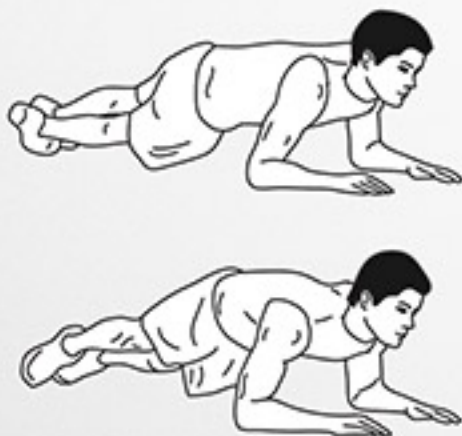
**10** plank leg raises



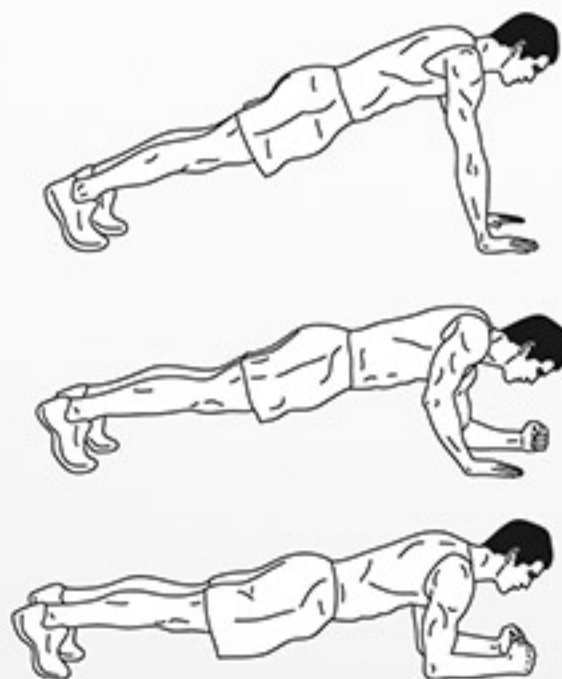
**10** plank side crunches



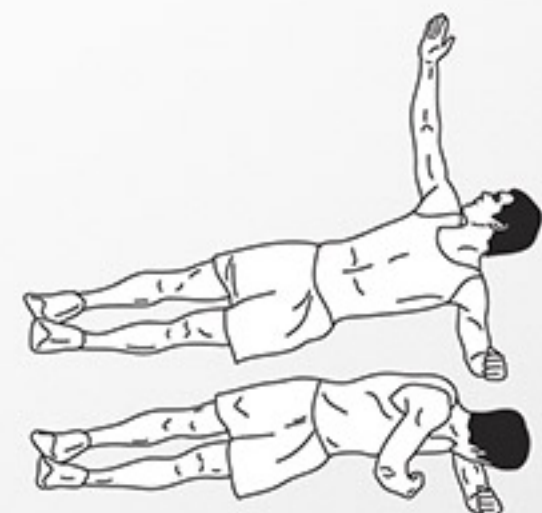
**10** body saw



**10** plank rolls



**10** up and down planks



**10** side plank rotations

# MONSTER CORE

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



**20** plank crunches



**20** body saw



**20** side bridges



**20-count** hollow hold

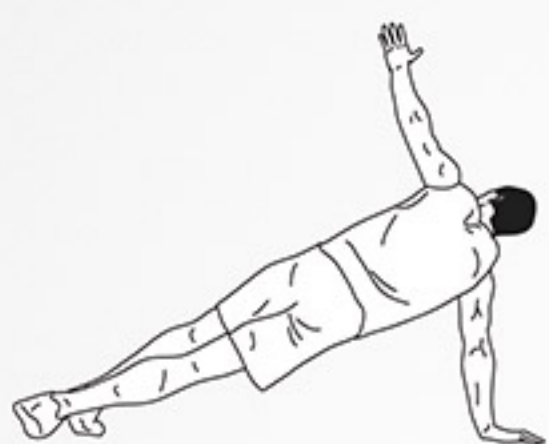


**20** back extensions

# SOLID **CORE**

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

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



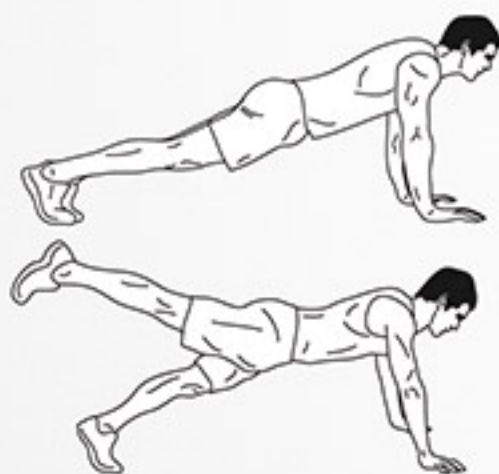
**10-count** side plank hold  
right side



**10** plank rotations



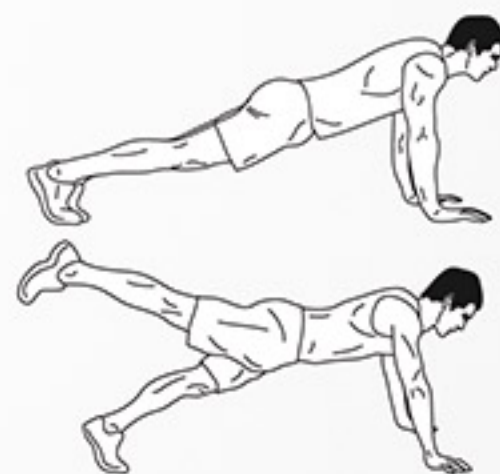
**10-count** side plank hold  
left side



**10** plank leg raises



**10-count** plank hold



**10** plank leg raises



**5** up and down planks

# strong **core**

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**10** side bridges



**10** plank rolls



**10** plank leg raises



**10** side bridges



**10** plank rolls



**10** seagulls



**10** side bridges



**10** plank rolls



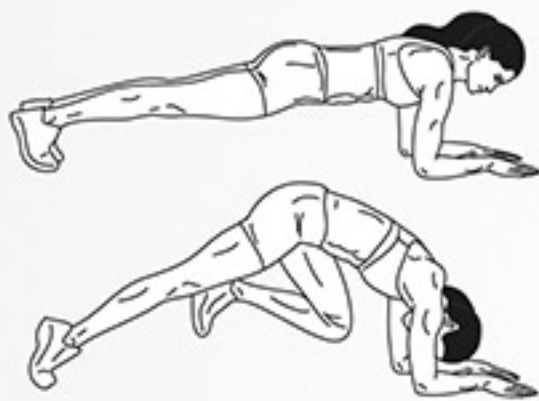
**10** plank crunches



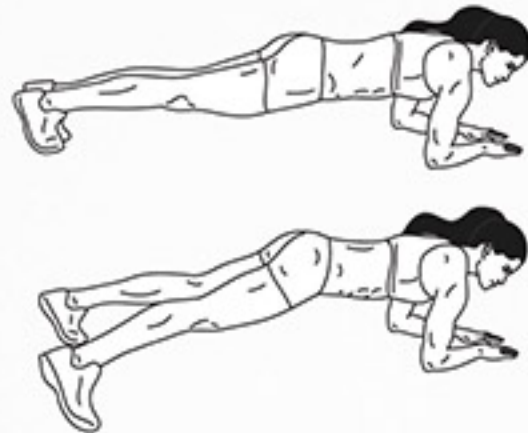
# TOUGH COOKIE

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

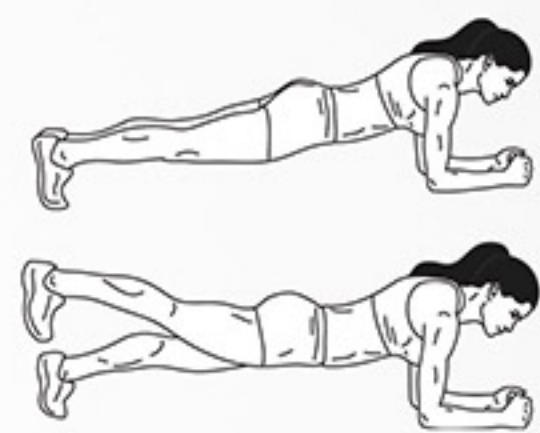
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



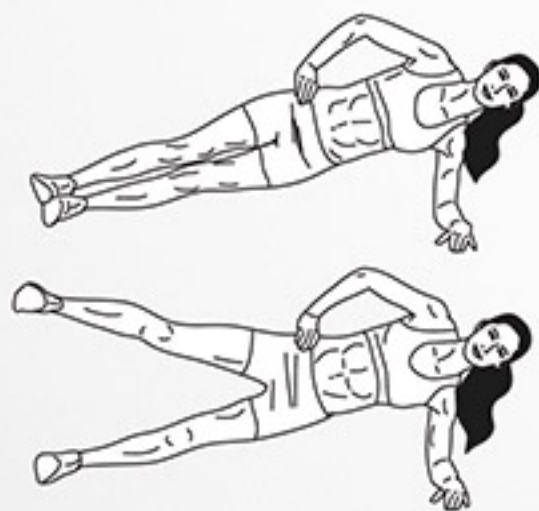
12 plank knee-ins



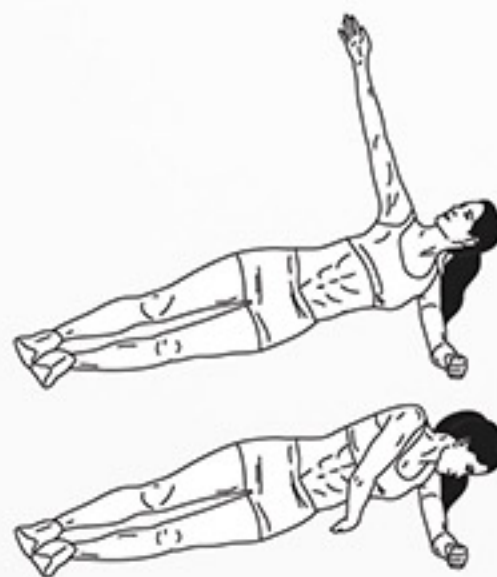
12 plank step-outs



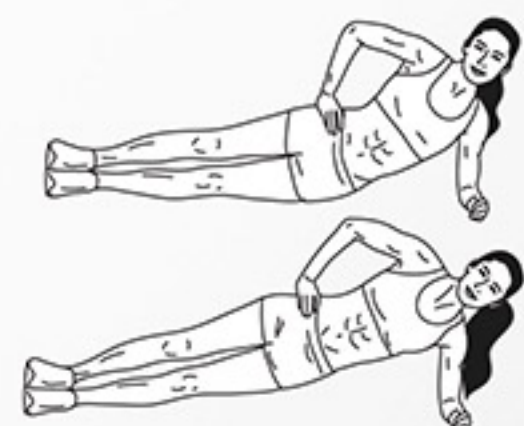
12 plank leg raises



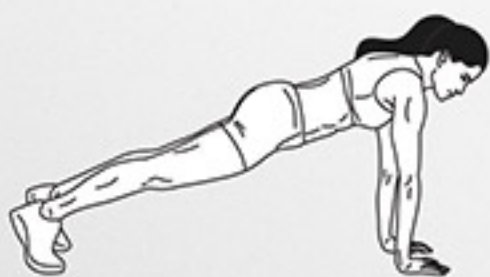
12 side plank leg raises



12 side plank rotations



12 side bridges



6 up and down planks