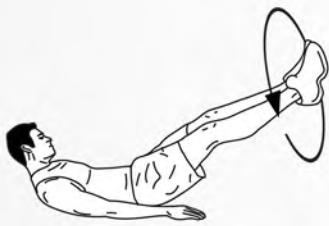


concrete **core**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



10 raised leg circles



10 knee-to-elbows



10 side leg lifts



10 sit-up w/reach



10 dead bug



10 windshield wipers