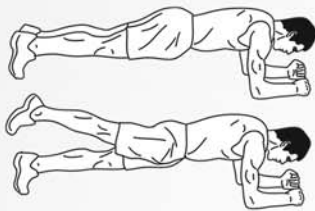


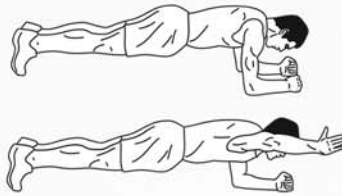
core connect

DAREBEE WORKOUT @ darebee.com

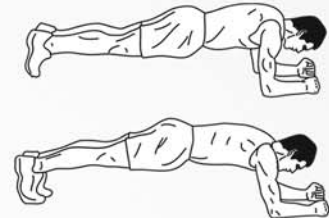
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



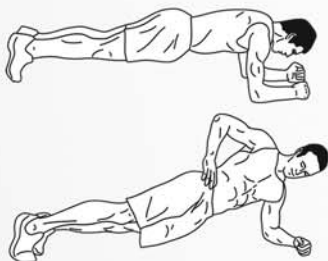
4 plank leg raises



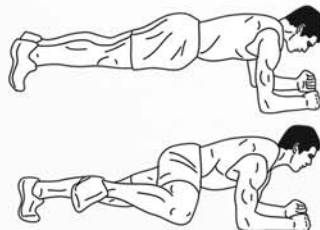
10 plank arm raises



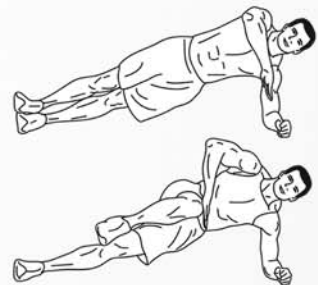
4 body saw



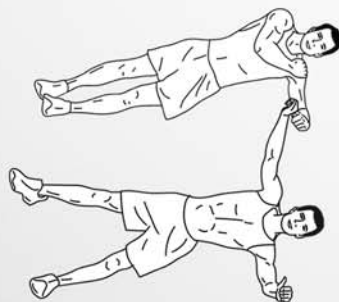
4 plank rotations



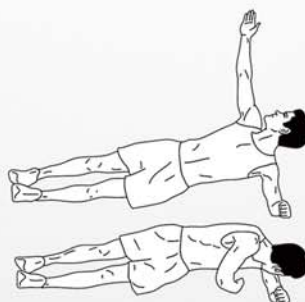
10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations



to fatigue elbow plank