

core

for runners

WORKOUT

BY DAREBEE

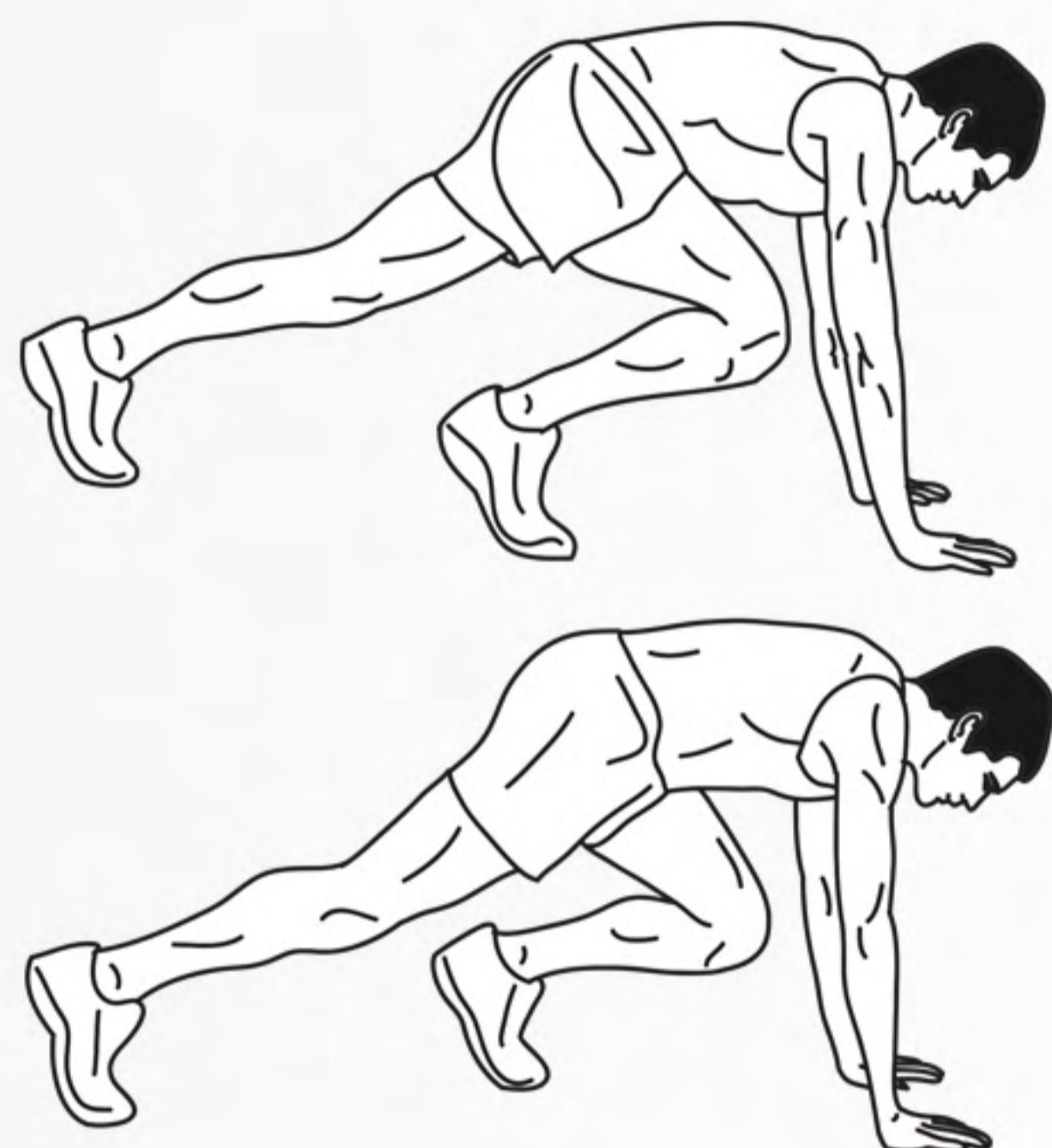
@ darebee.com

LEVEL I 3 sets

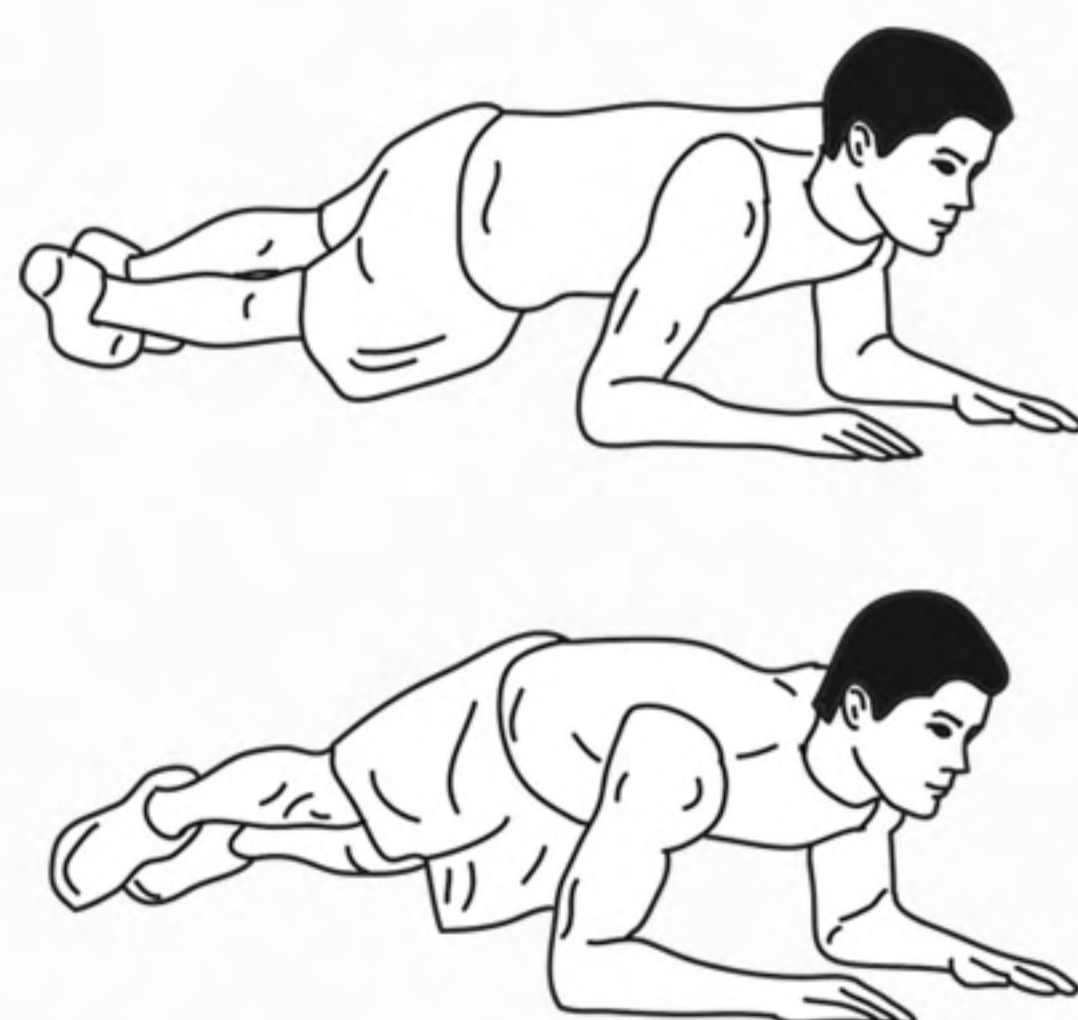
LEVEL II 4 sets

LEVEL III 5 sets

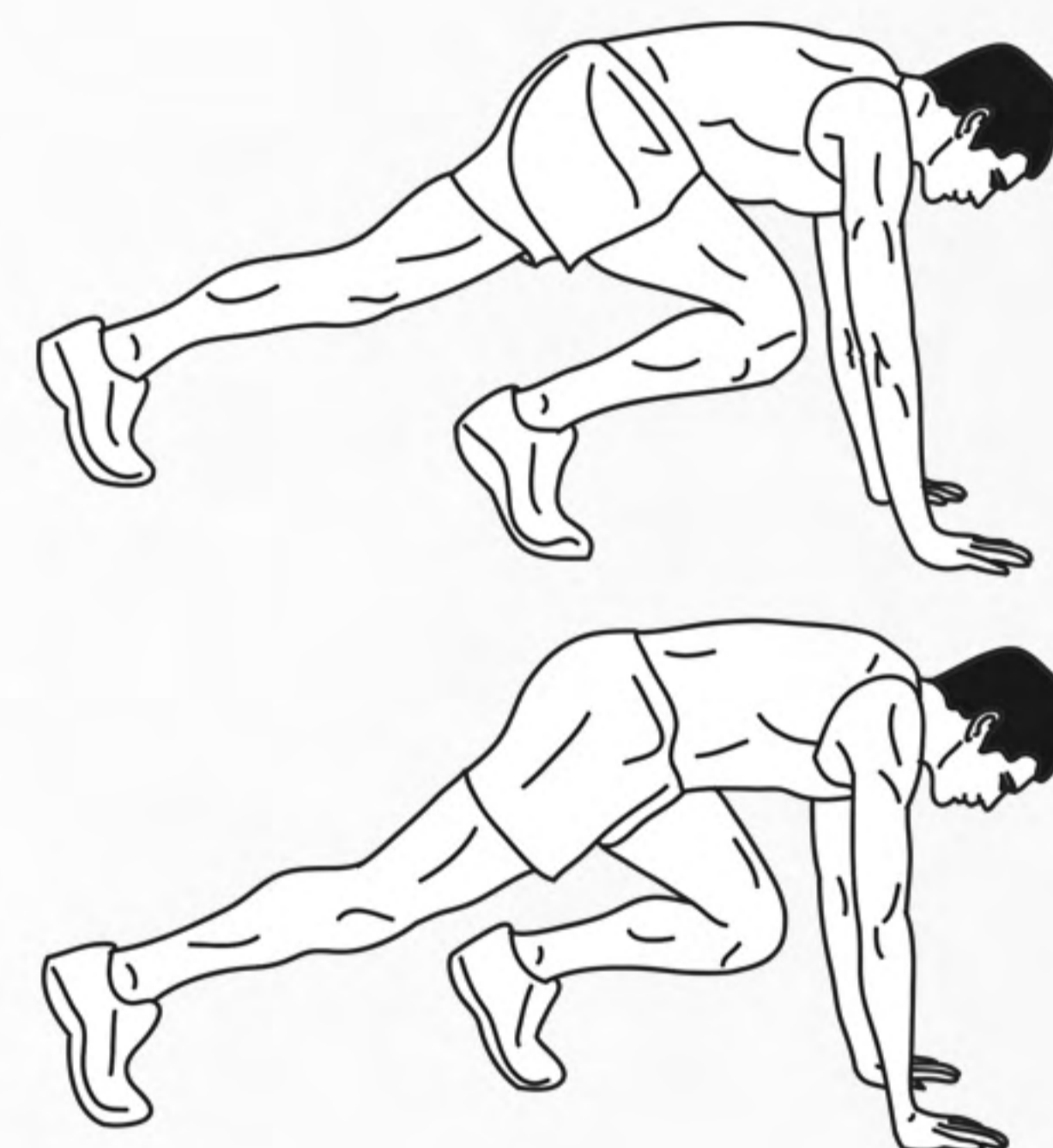
REST up to 2 minutes



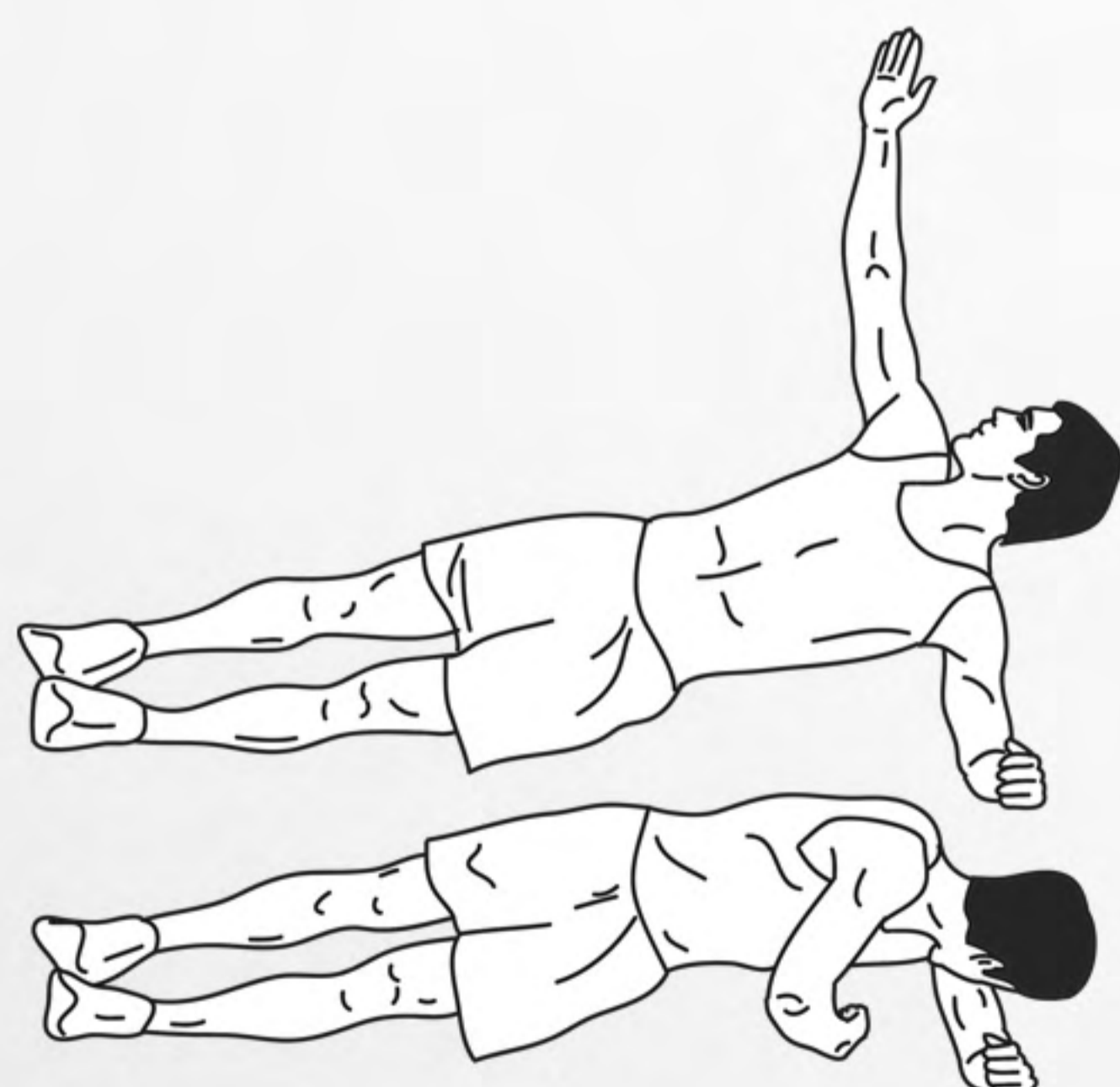
10 climbers



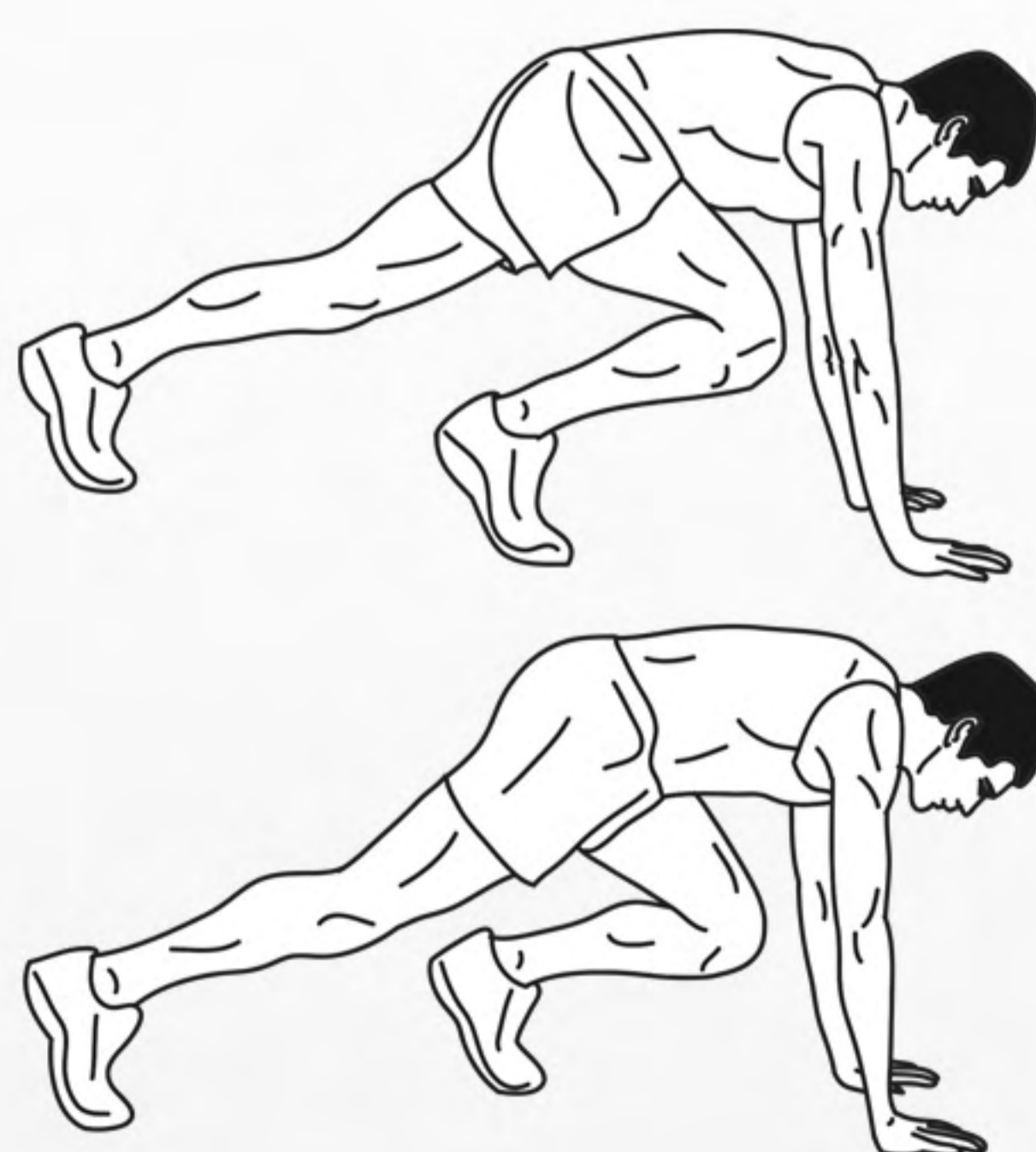
10 plank rolls



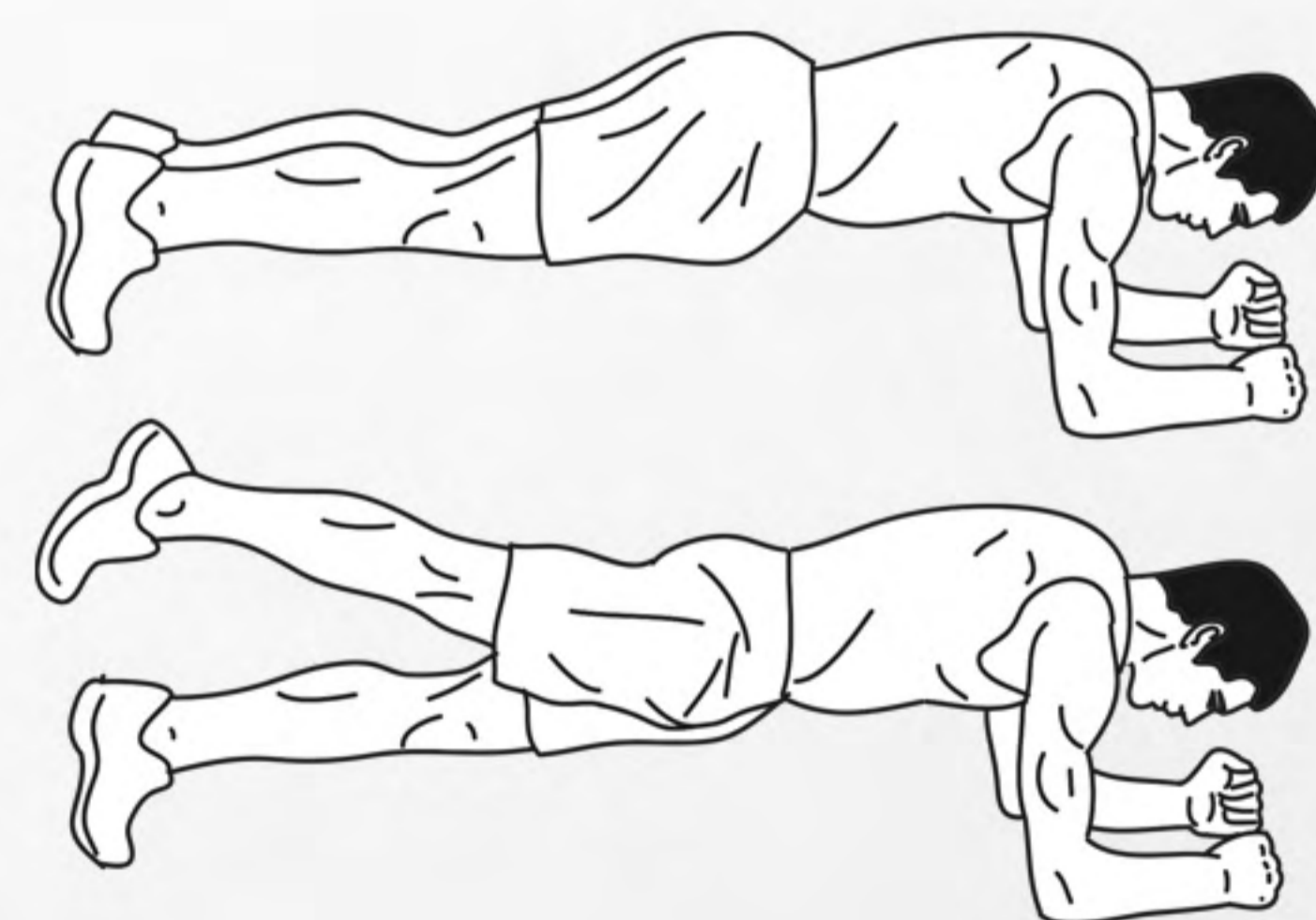
10 climbers



10 side plank rotations



10 climbers



10 plank leg raises