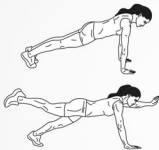


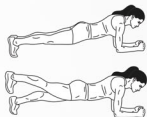
# CORE STABILITY

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

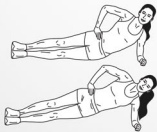
30 seconds rest between exercises



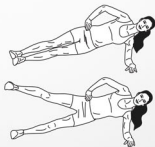
**20** alt arm / leg raises  
5 sets | 30 seconds rest



**20** elbow plank leg raises  
5 sets | 30 seconds rest



**20** side bridges  
5 sets | 30 seconds rest



**20** side bridge leg raises  
5 sets | 30 seconds rest