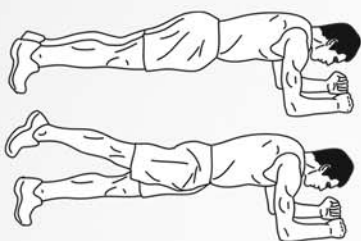


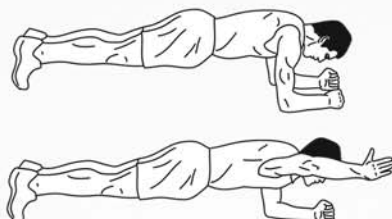
core connect

DAREBEE WORKOUT @ darebee.com

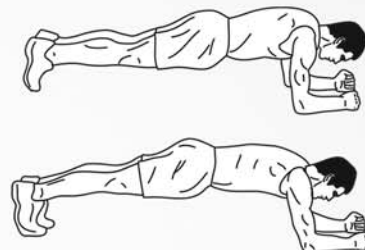
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes
10 reps each exercise



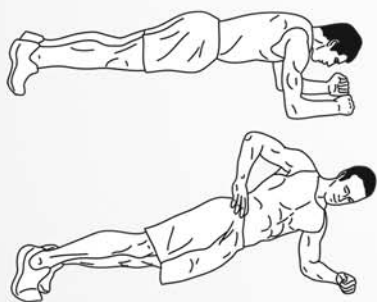
plank leg raises



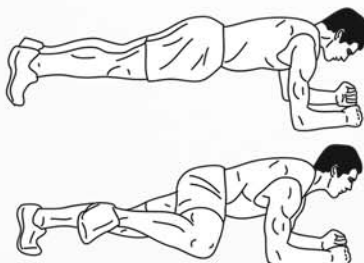
plank arm raises



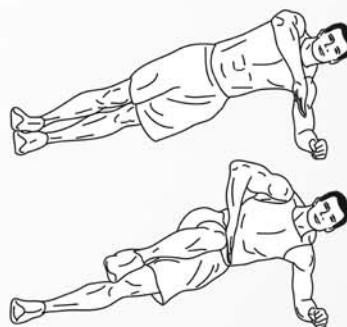
body saw



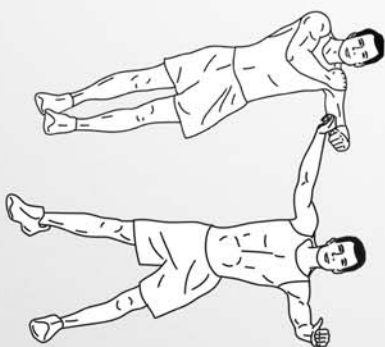
plank rotations



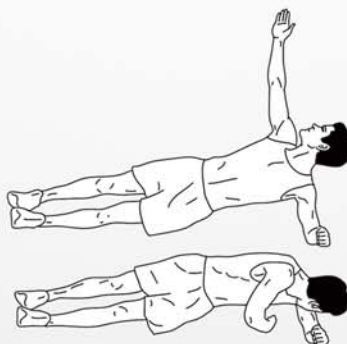
spiderman planks



side plank knee taps



side star plank



side plank rotations



to failure elbow plank