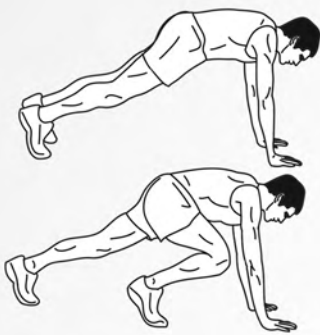


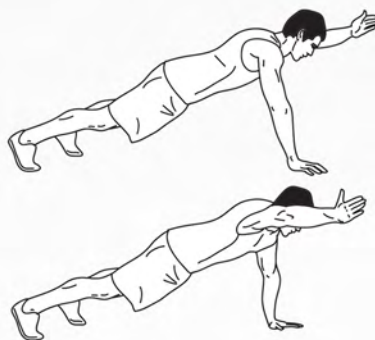
core fusion

DAREBEE WORKOUT @ darebee.com

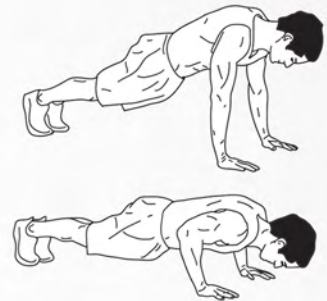
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



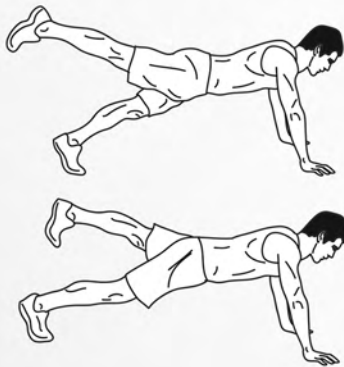
10 slow climbers



10 plank arm raises



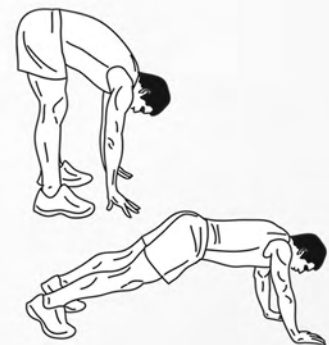
5 push-ups



10 plank leg raises



10 planks with rotations



5 plank walk-outs



5 up and down planks