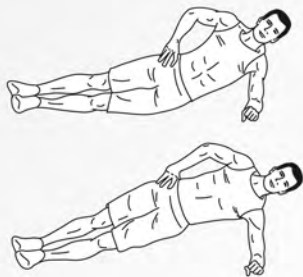
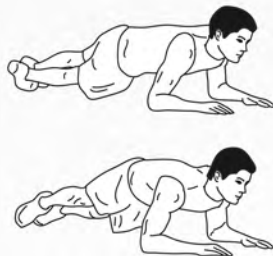


# strong **core**

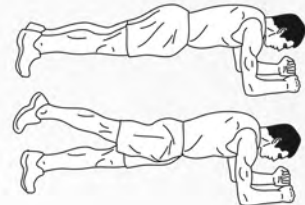
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



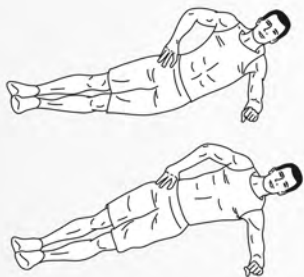
**10** side bridges



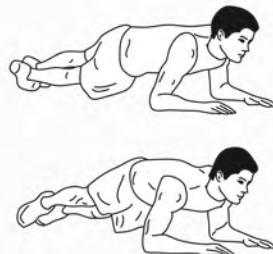
**10** plank rolls



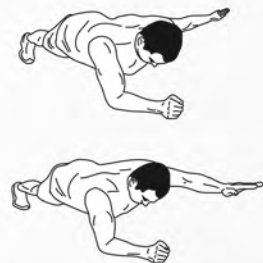
**10** plank leg raises



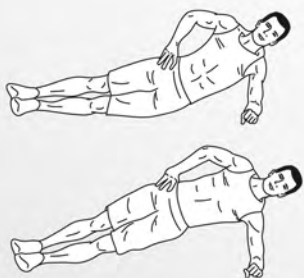
**10** side bridges



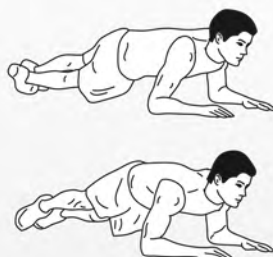
**10** plank rolls



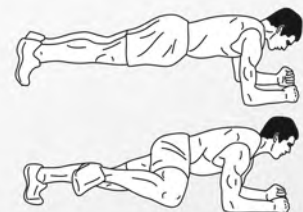
**10** seagulls



**10** side bridges



**10** plank rolls



**10** plank crunches