

# back & core

DAREBEE WORKOUT

@ [darebee.com](https://darebee.com)

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

REST up to 2 minutes



**20** sitting twists



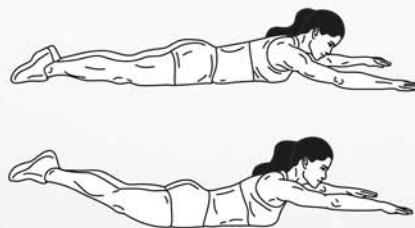
**20** half wipers



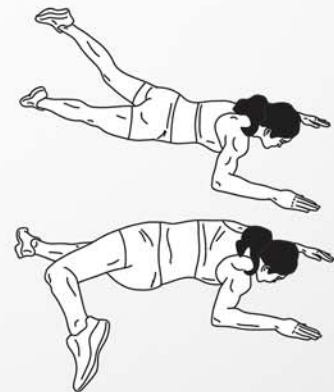
**20** bridges



**10** cat cow



**10** superman stretch



**10** scorpion twists