

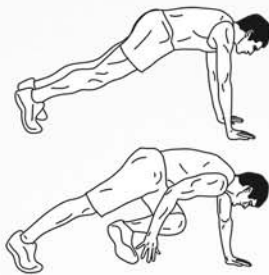
Total Core

DAREBEE WORKOUT @ darebee.com

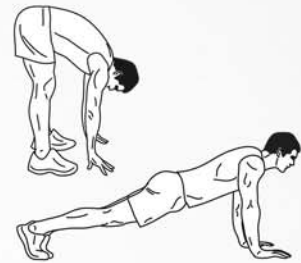
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 high knees



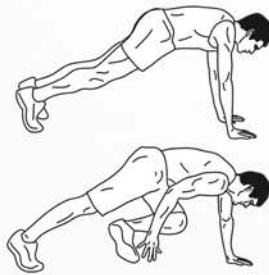
10 climber taps



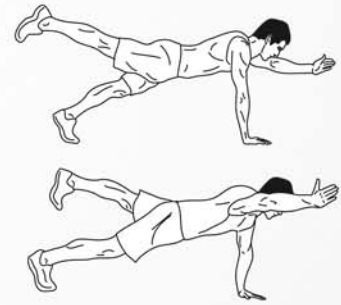
4 plank walk-outs



30 high knees



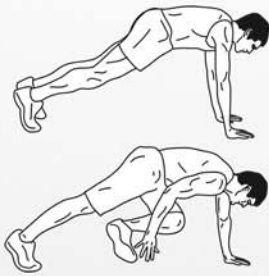
10 climber taps



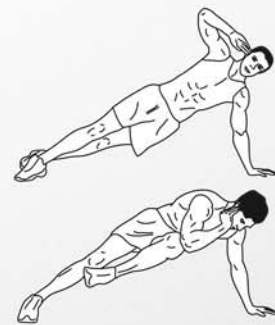
4 alt arm/ leg raises



30 high knees



10 climber taps



4 side plank crunches