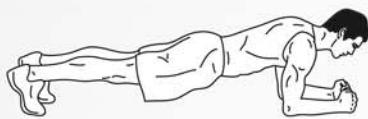


core builder

DAREBEE WORKOUT © darebee.com

Switch sides on the fly, halfway through the exercise.



20sec elbow plank



40sec raised leg plank



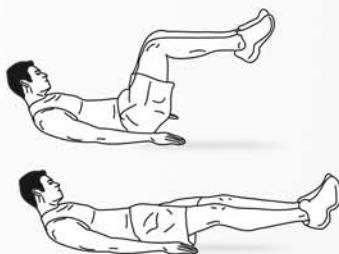
40sec side plank



20sec raised leg hold



20sec leg raises



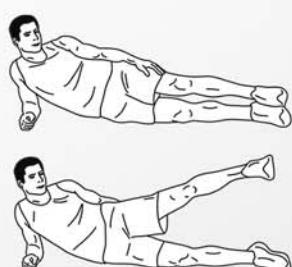
20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts



40sec side leg raises