

# CORE CODE

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

Change sides and repeat the sequence.



**10** plank leg raises



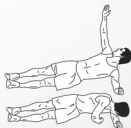
**10** plank crunches



**10** side bridges



**10-count** hold



**10** side plank rotations