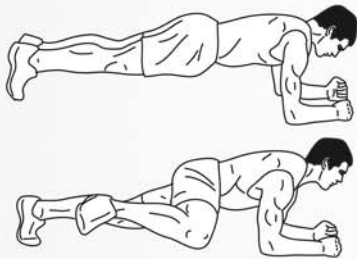


COARE

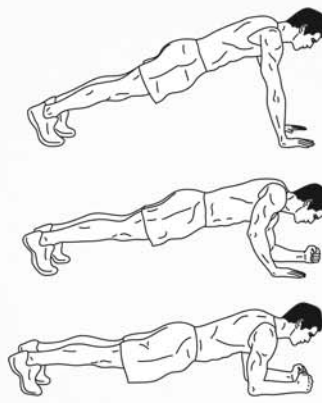
CONDITIONING

DAREBEE WORKOUT @ darebee.com

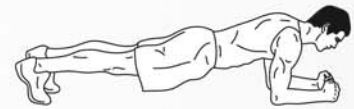
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



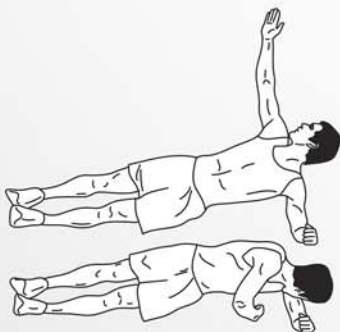
10 plank crunches



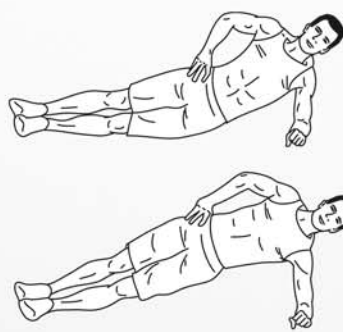
5 up & down planks



10-count plank hold



5 side plank rotations



5 side bridges



10-count side plank hold

change sides and repeat the sequence