

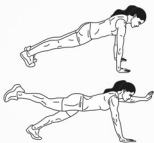
# CORE CONTROL

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

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



10 shoulder tap + rotation



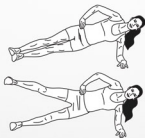
10 alt plank arm/leg raises



4 sit-outs



10 side bridges



10 side plank leg raises



4 side plank rotations