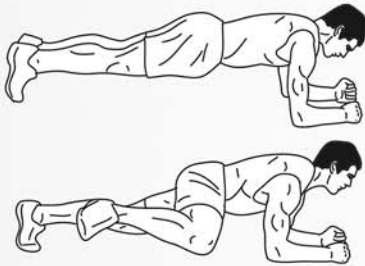


CORE **CRUSHER**

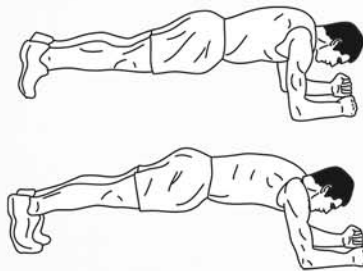
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

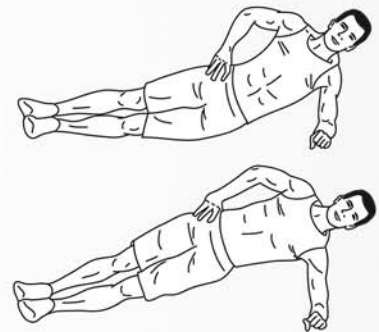
REST up to 2 minutes



20 plank side crunches



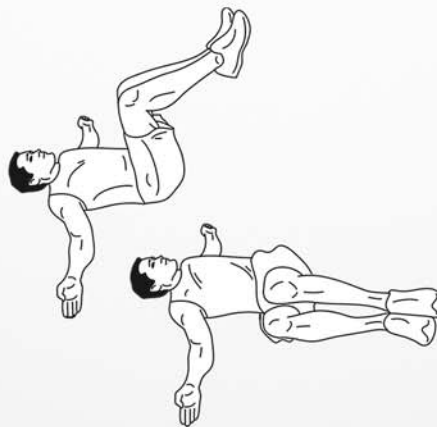
20 body saw



20 side bridges



20 knee-to-elbow crunches



20 half wipers



20 side jackknives