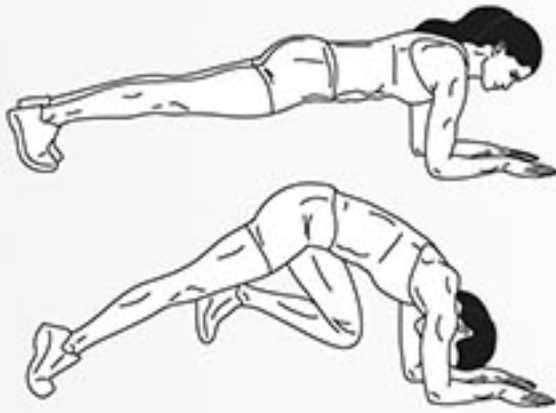


Flow **core**

DAREBEE WORKOUT @ darebee.com

10 reps each exercise

Change sides and repeat the sequence.



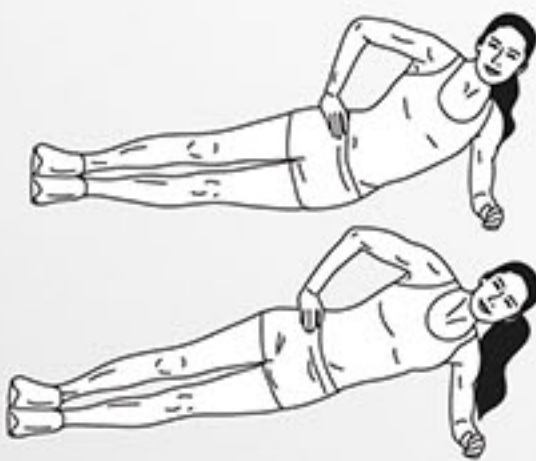
plank knee-ins



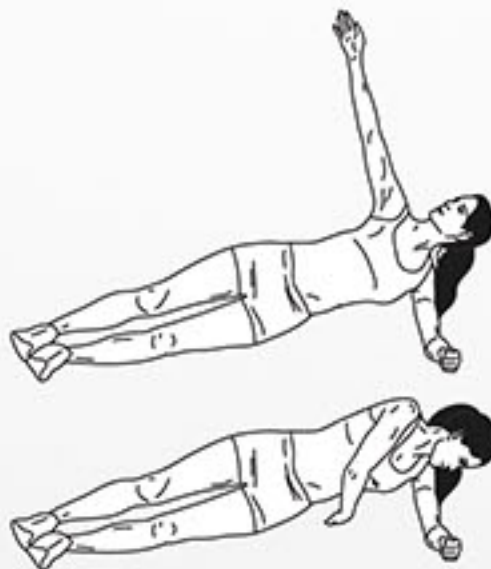
plank step-outs



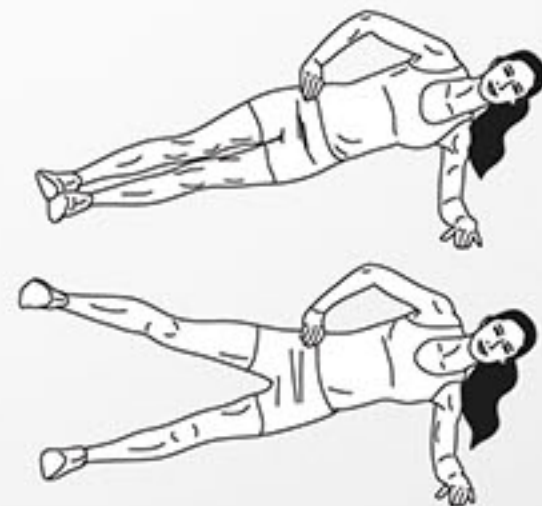
plank leg raises



side bridges



side plank rotations



side plank leg raises