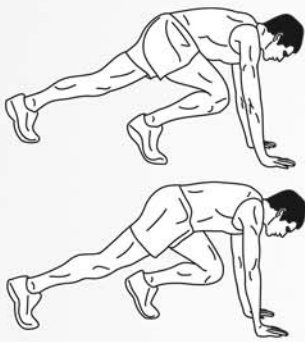


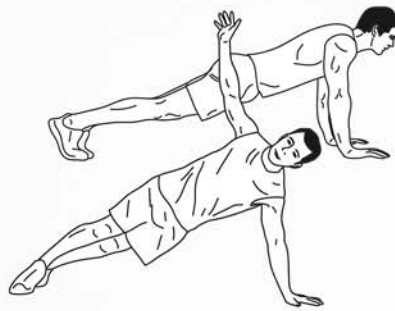
cycle **core**

DAREBEE BACK WORKOUT @ darebee.com

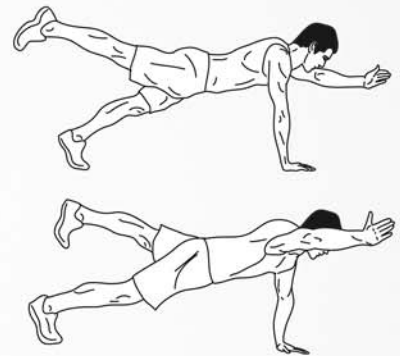
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 climbers



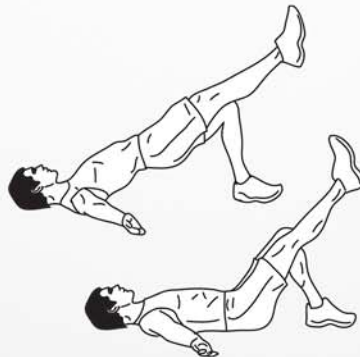
10 plank rotations



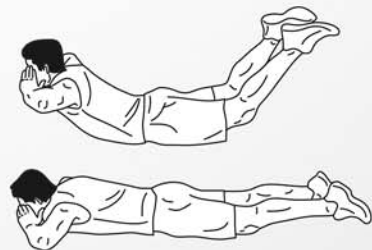
10 alt arm / leg raises



10 dead bug



10 single leg bridges



10 back extensions