

iron core

DAREBEE WORKOUT @ darebee.com

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



10 side bridges
right side



10 side plank rotations



10 side bridges
left side



10 plank crunches
right side



10 plank rolls



10 plank crunches
left side



10-count elbow plank hold