

total core

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 high knees



10 climber taps



4 plank walk-outs



30 high knees



10 climber taps



4 alt arm/ leg raises



30 high knees



10 climber taps



4 side plank crunches