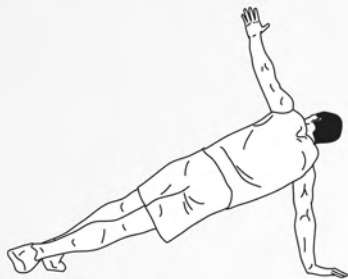


SOLID CORE

DAREBEE WORKOUT @ darebee.com

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



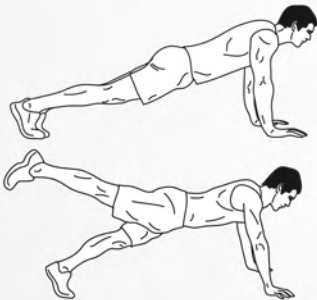
10-count side plank hold
right side



10 plank rotations



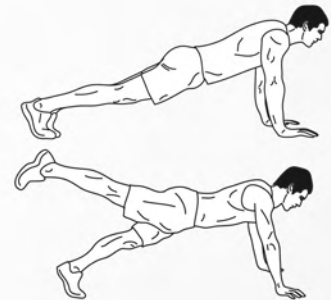
10-count side plank hold
left side



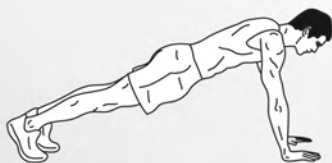
10 plank leg raises



10-count plank hold



10 plank leg raises



5 up and down planks