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



30 high knees



30 high knees



10 climber taps



10 climber taps



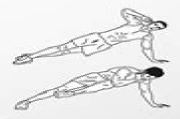
10 climber taps



4 plank walk-outs



4 alt arm/ leg raises



4 side plank crunches

Total Core Home Workout System User Guide

Tom Dell, Daniel J. Goldberg

Total Core Home Workout System User Guide:

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