
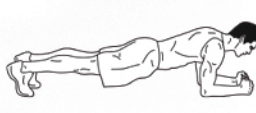






























# 2-minute multiplank

30-DAY CHALLENGE

@ darebee.com

1  full plank	2  elbow plank	3  full raised leg plank	4  side elbow plank	5  wide leg plank
6  uneven elbow plank	7  alt arm / leg raise full plank	8  raised arm elbow plank	9  full side plank	10  one arm full plank
11  reverse plank	12  star plank	13  knee side crunch full plank	14  side elbow star plank	15  one arm reverse plank
16  knee tap side elbow plank	17  reverse grip full plank	18  close grip full plank	19  staggered grip full plank	20  shoulder tap full plank
21  raised leg bridge plank	22  seagull elbow plank	23  raised leg elbow plank	24  decline plank	25  knee in elbow plank
26  raised side elbow plank	27  incline plank	28  side full star plank	29  acrobat plank	30  push-up plank