

ACTIVE PLANK

DAREBEE WORKOUT © darebee.com

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



10 plank leg raises



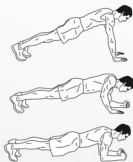
4 plank crunches



10 plank arm raises



4 plank crunches



4 up & down planks



4 plank crunches