

# Dynamic Plank

yoga workout for abs & core

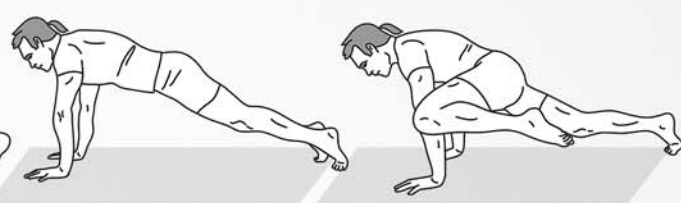
SPYROS KAPNIAS GARUDANANDA for @darebee.com

LEVEL I 20 seconds LEVEL II 40 seconds LEVEL III 60 seconds

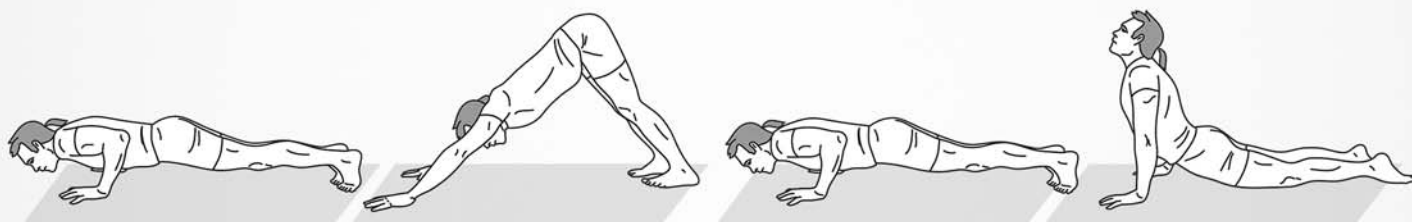
hold each pose before moving for 3 seconds



1. Tricep Extensions



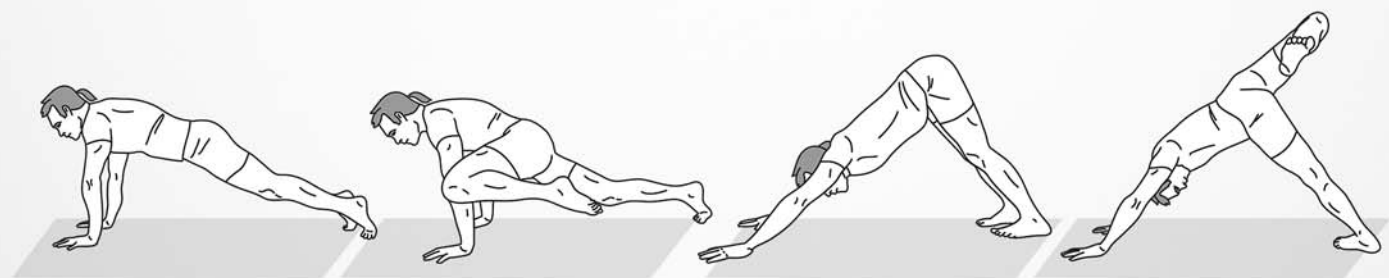
2. Knee to Elbow Planks



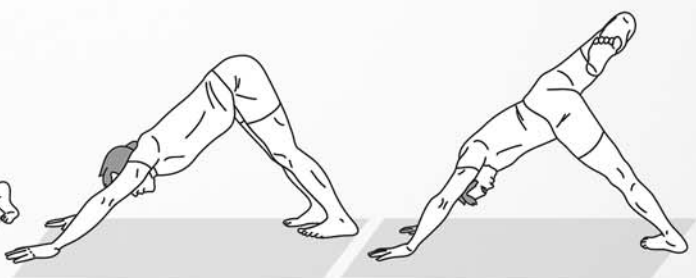
3. Push-Up Plank Into Downward Dog



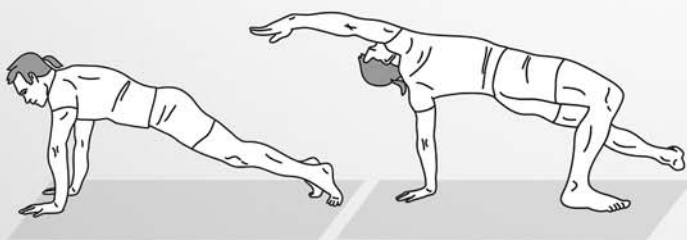
4. Push-Up Plank Into Upward Dog



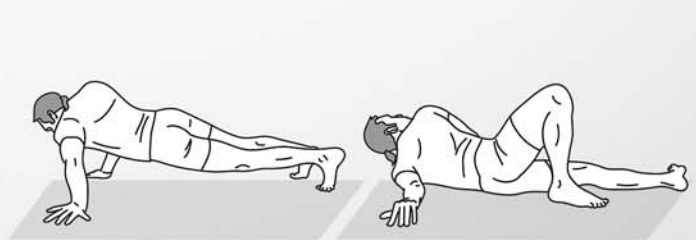
5. Knee to Elbow Planks



6. Upward Dog Back Kicks



7. Plank Rotation & Reach



8. Push-Up Plank Tilts