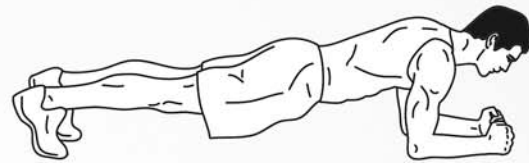


FIVE MINUTE **PLANK**

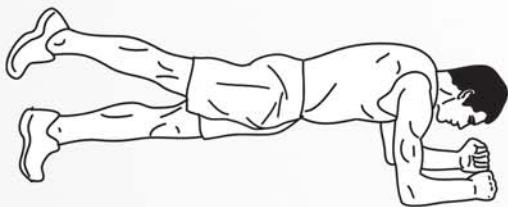
DAREBEE WORKOUT @ darebee.com



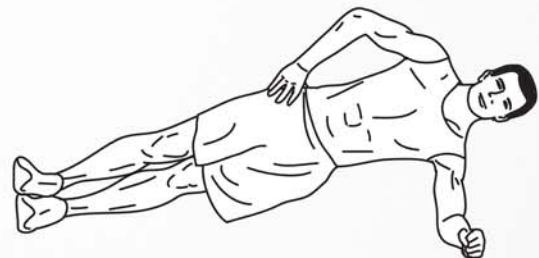
60sec full plank



30sec elbow plank



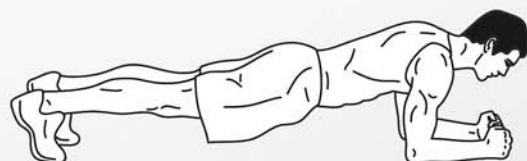
60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank



60sec elbow plank