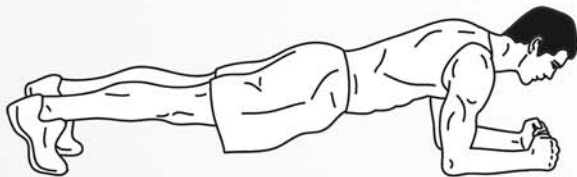


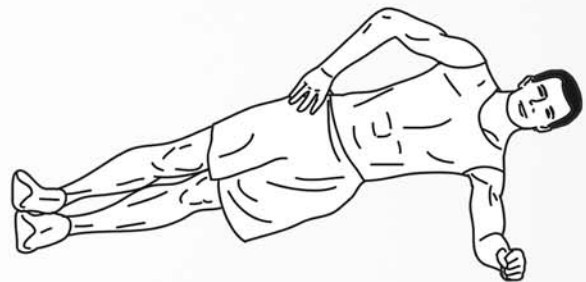
MASTER PLANK

DAREBEE WORKOUT © darebee.com



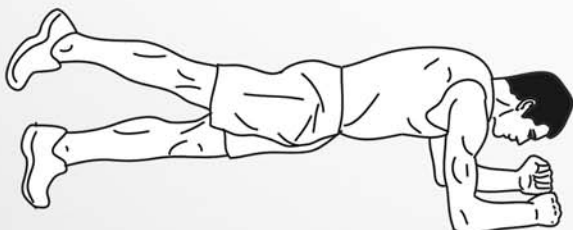
30sec

elbow plank



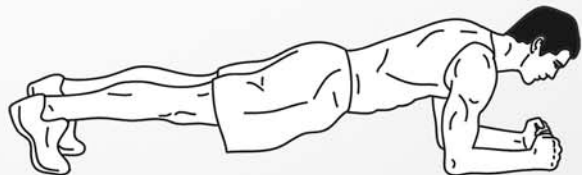
60sec

side elbow plank



60sec

raised leg elbow plank



30sec

elbow plank