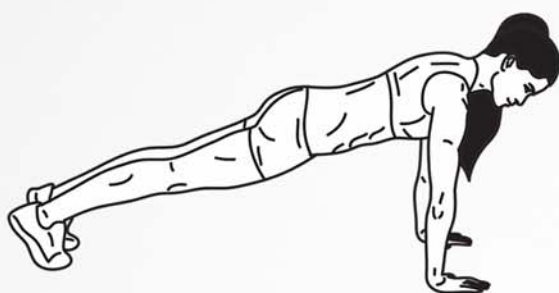
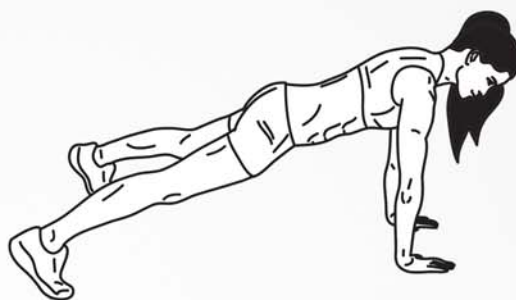


super plank

DAREBEE WORKOUT @ darebee.com



30sec plank



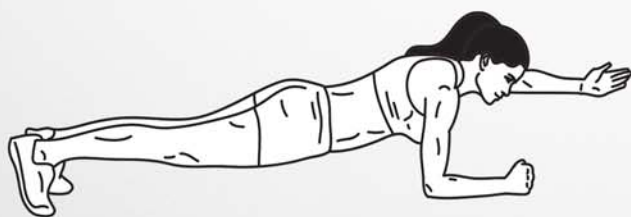
30sec wide leg plank



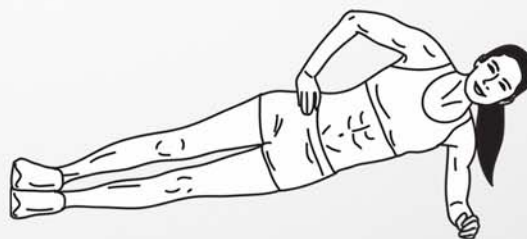
30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm



60sec side plank
30 seconds - each side