

ab hub

DAREBEE WORKOUT

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Level I 3 sets | 10 seconds

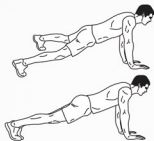
Level II 4 sets | 15 seconds

Level III 5 sets | 20 seconds

2 minutes rest between sets



plank hold



plank jacks



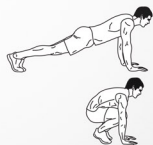
plank hold



climbers



plank hold



plank jump-ins

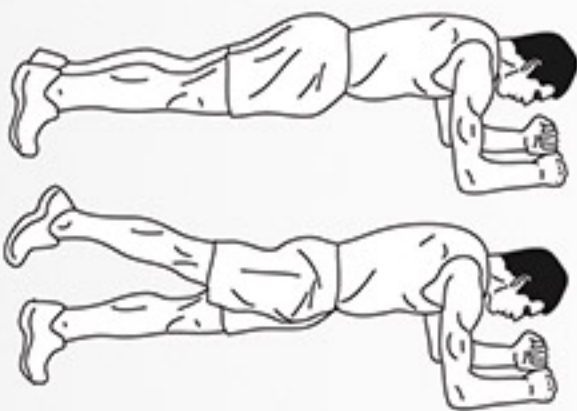
extra credit 1 push-up after each exercise



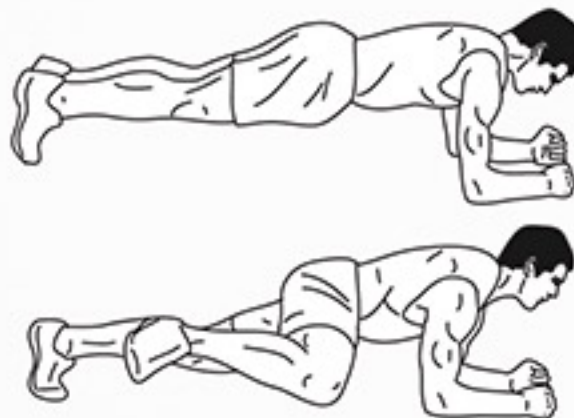
ACTIVE PLANK

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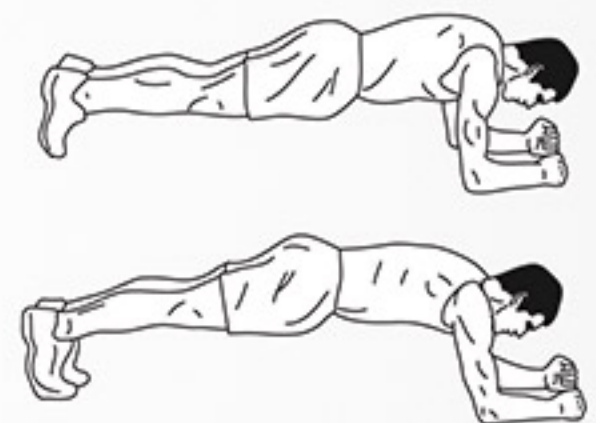
Repeat 3 times 2 minutes rest between sets



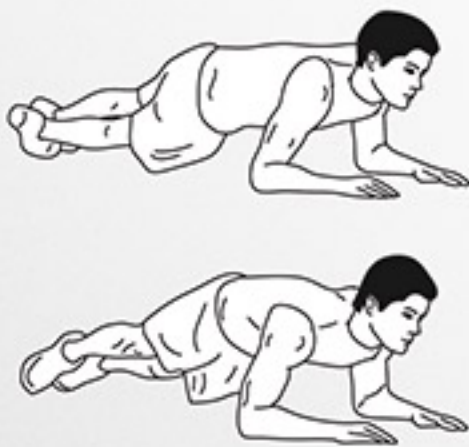
10 plank leg raises



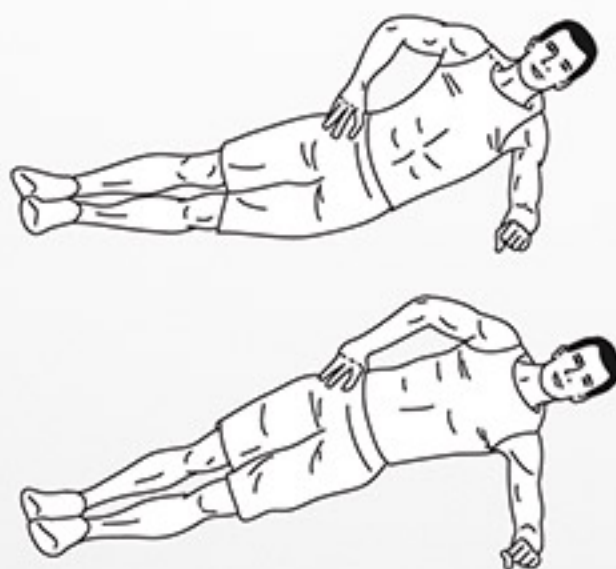
10 plank side crunches



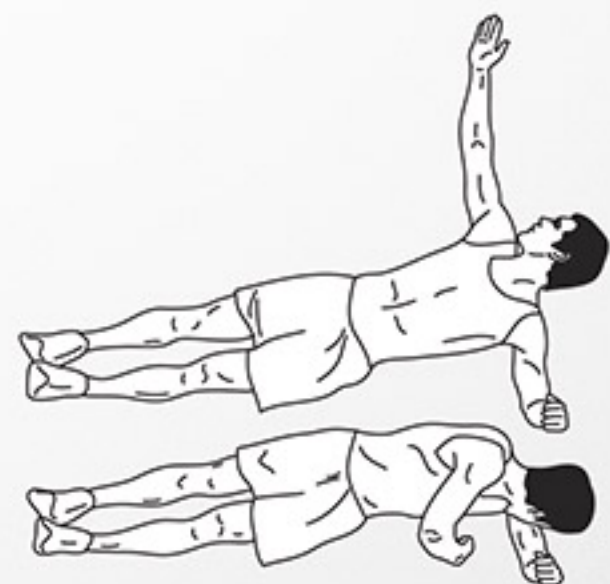
10 body saw



10 plank rolls



10 side plank dips



10 side plank rotations

CODEx

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes
hands never off the ground



10 plank leg raises



4 push-ups



10-count plank



10 climbers



4 plank jacks



4 plank jump-ins

COORE

CONDITIONING

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



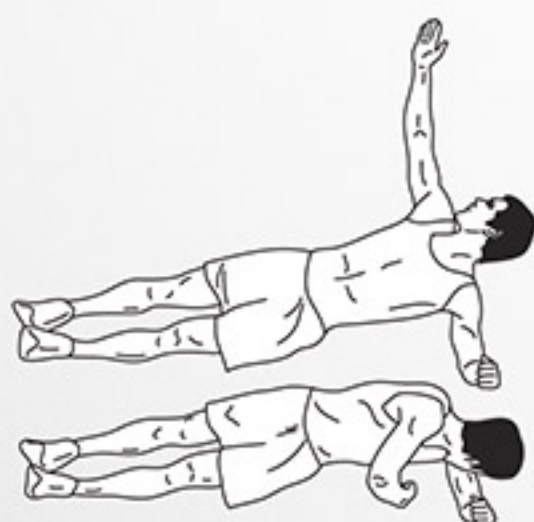
10 plank crunches



5 up & down planks



10-count plank hold



5 side plank rotations



5 side bridges



10-count side plank hold

change sides and repeat the sequence

core connect

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



4 plank leg raises



10 plank arm raises



4 body saw



4 plank rotations



10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations



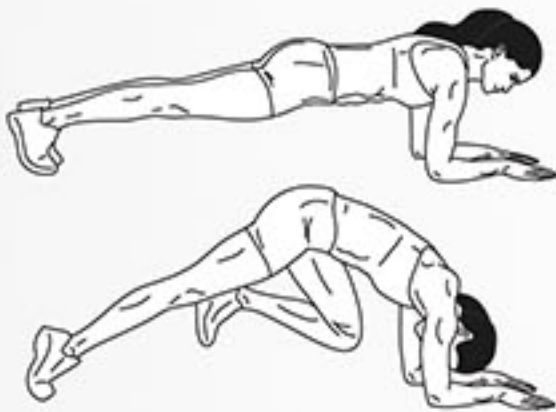
to fatigue elbow plank

Flow **core**

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10 reps each exercise

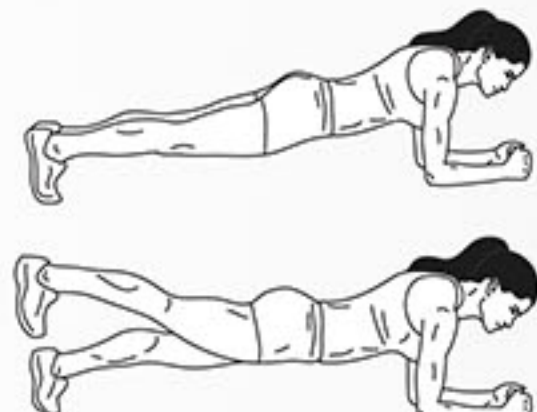
Change sides and repeat the sequence.



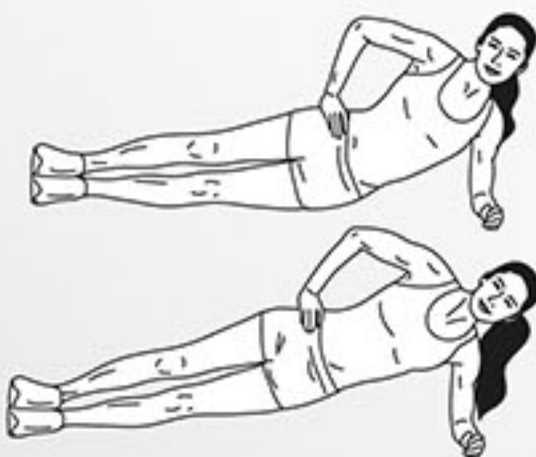
plank knee-ins



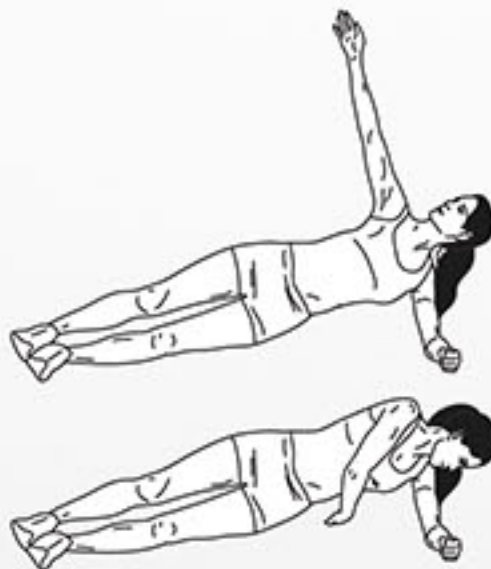
plank step-outs



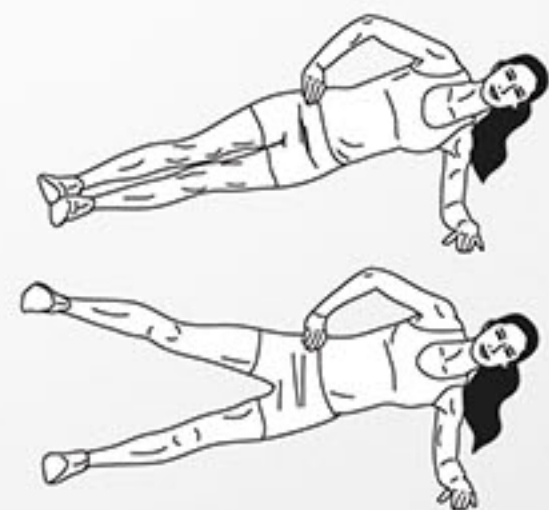
plank leg raises



side bridges



side plank rotations

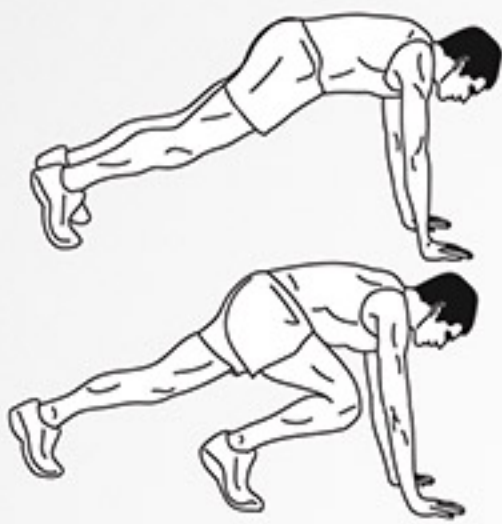


side plank leg raises

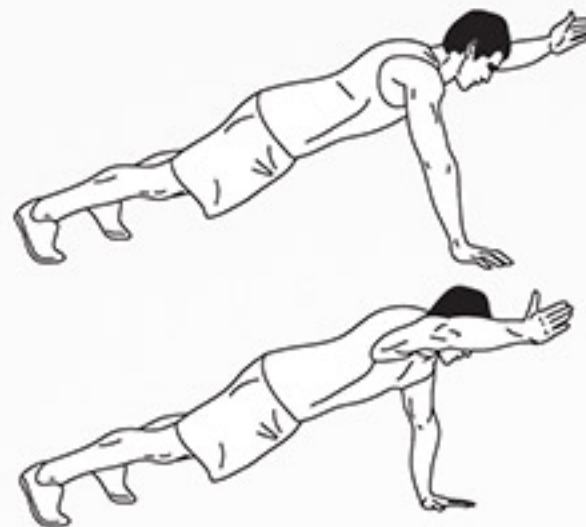
core fusion

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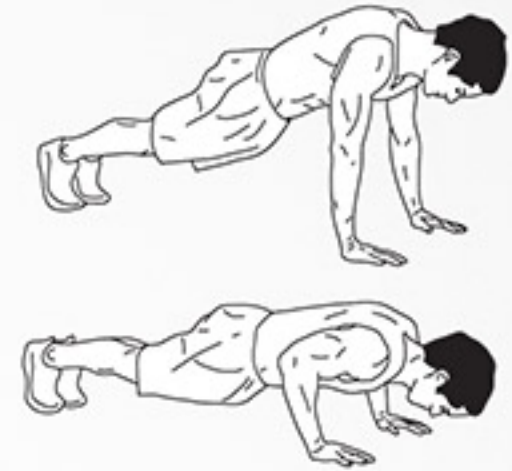
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



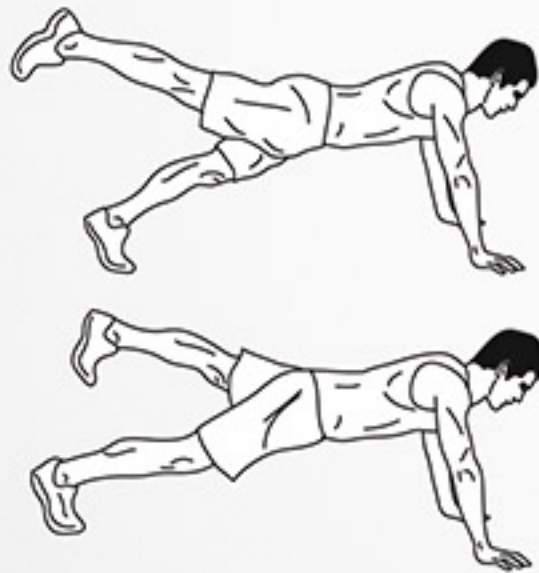
10 slow climbers



10 plank arm raises



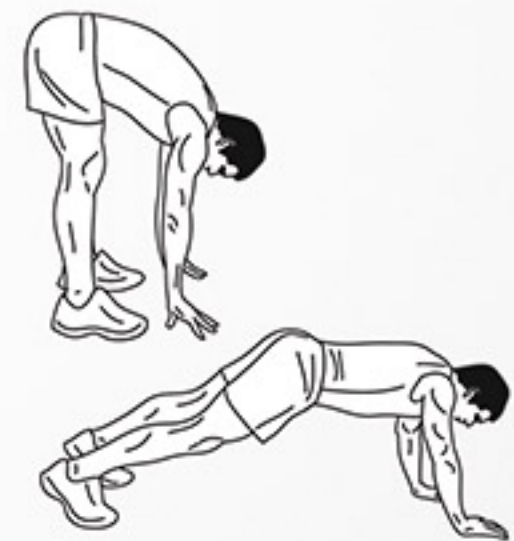
5 push-ups



10 plank leg raises



10 planks with rotations



5 plank walk-outs



5 up and down planks

CORE TWISTER

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Switch sides and repeat the sequence again.



20 seconds
staggered plank hold



20 seconds
archer plank hold



20 seconds
one-arm plank hold



20 seconds
knee-to-the-side
plank hold



20 seconds
raised leg plank hold



20 seconds
tucked-in
side plank hold

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

FIVE MINUTE **PLANK**

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60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank

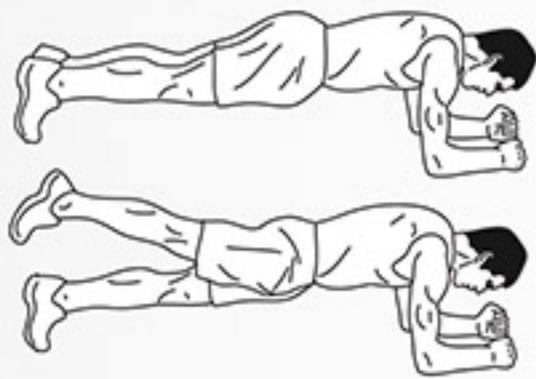


60sec elbow plank

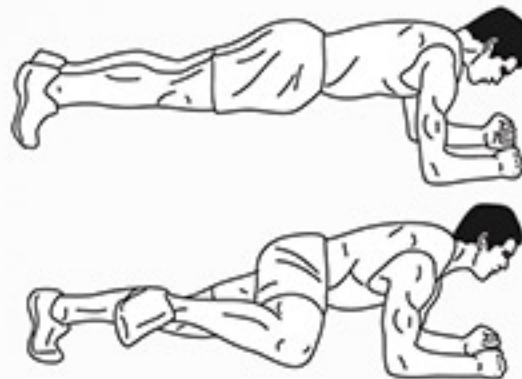
killer core

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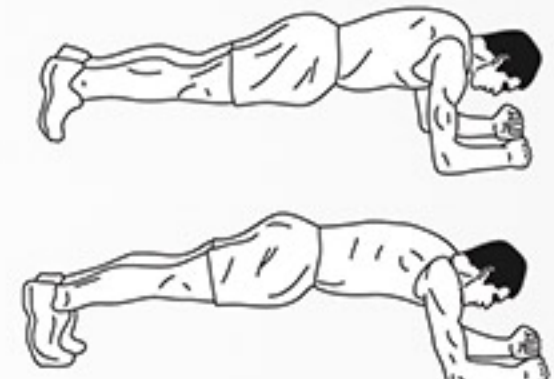
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



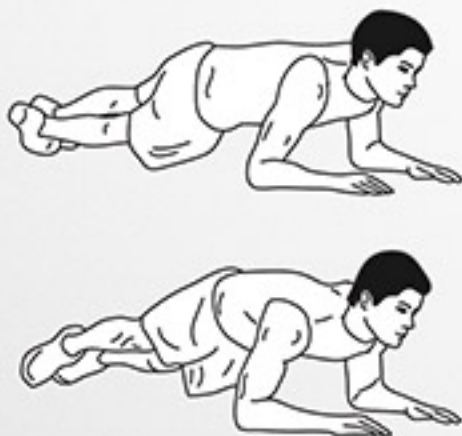
10 plank leg raises



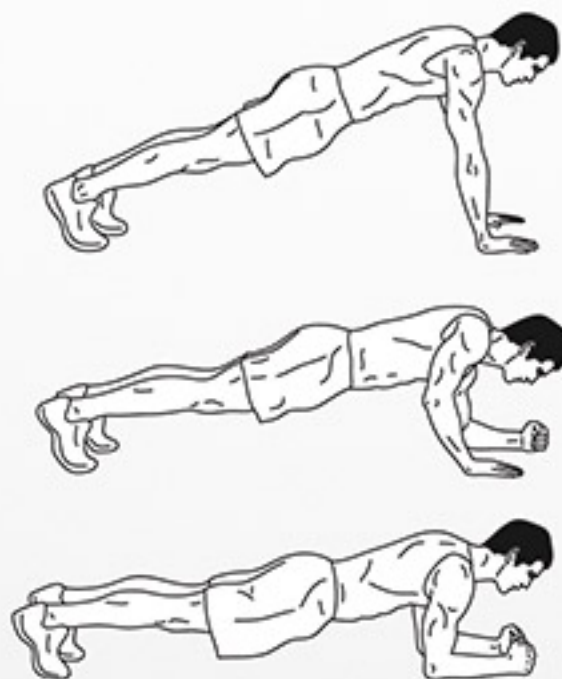
10 plank side crunches



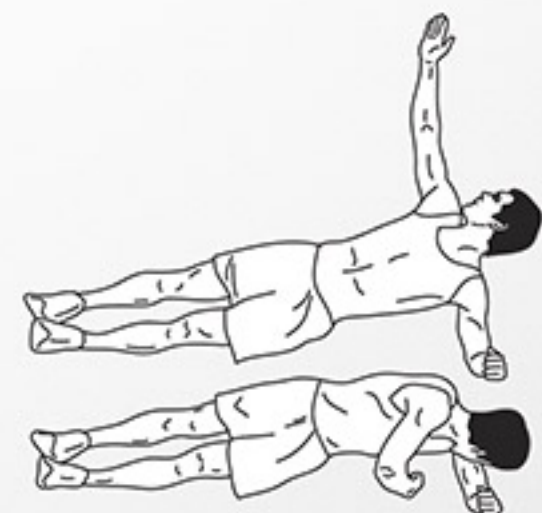
10 body saw



10 plank rolls



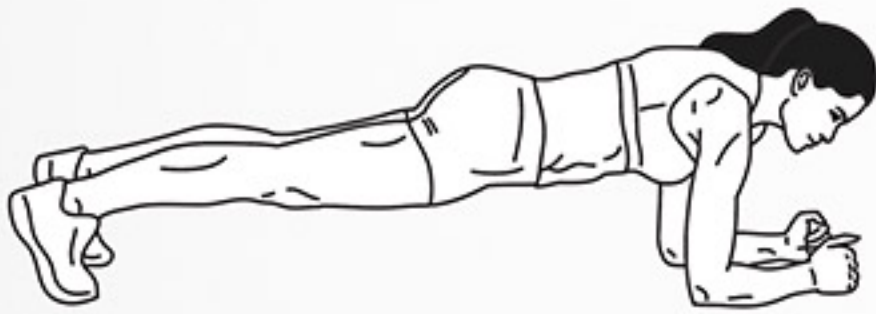
10 up and down planks



10 side plank rotations

MASTER PLANK

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30sec

elbow plank



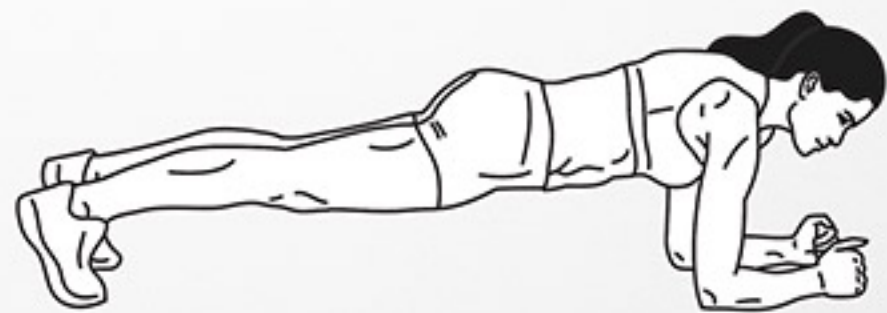
60sec

side elbow plank



60sec

raised leg elbow plank



30sec

elbow plank

PLANK SELECT

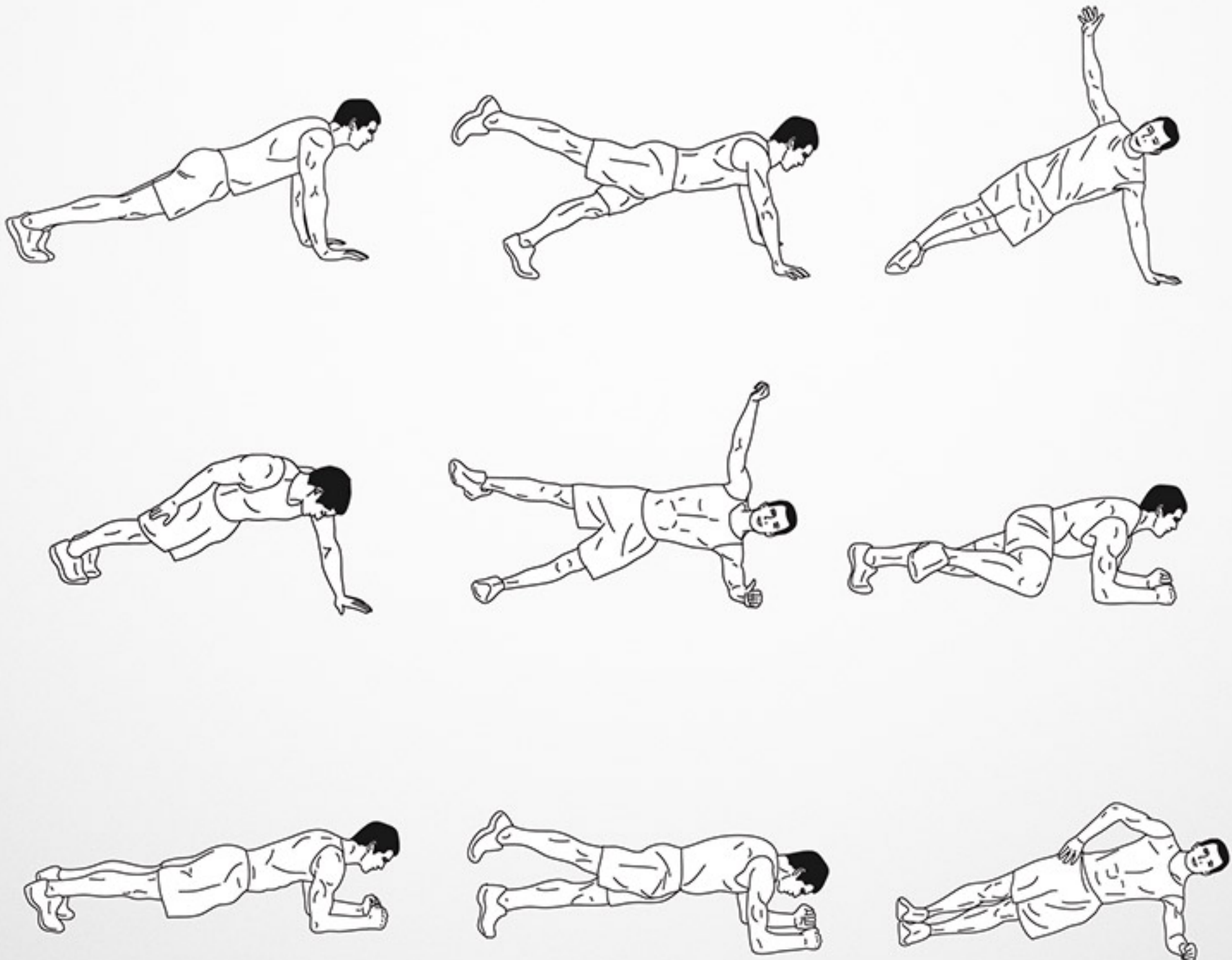
DAREBEE WORKOUT © darebee.com

Get into the plank position and set a timer.

Transition to planks from the selection at will, until the time is up.

Hold each position for as long as you can.

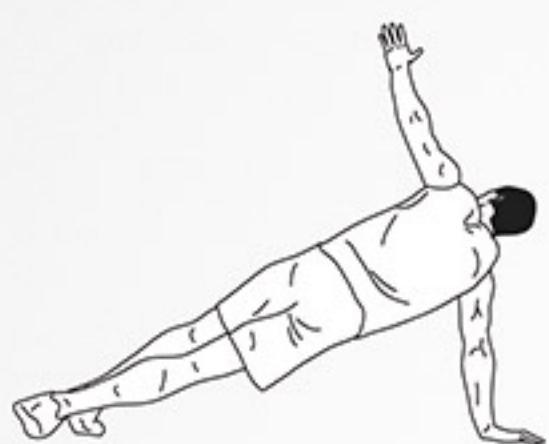
LEVEL I 2 minutes **LEVEL II** 3 minutes **LEVEL III** 4 minutes



SOLID CORE

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



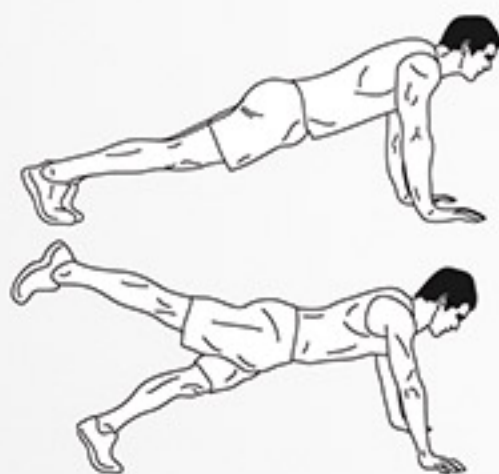
10-count side plank hold
right side



10 plank rotations



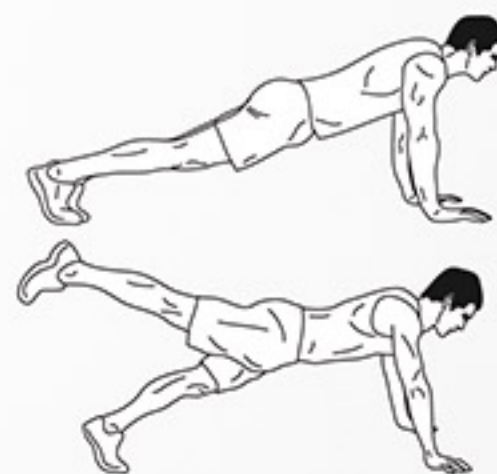
10-count side plank hold
left side



10 plank leg raises



10-count plank hold



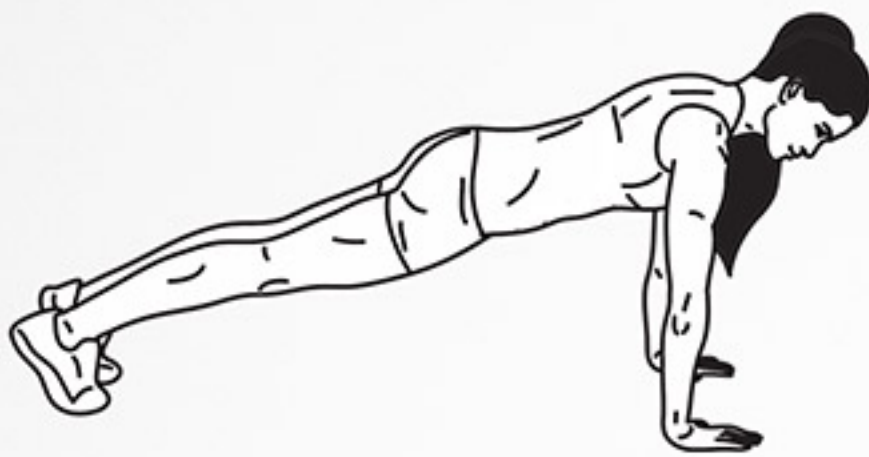
10 plank leg raises



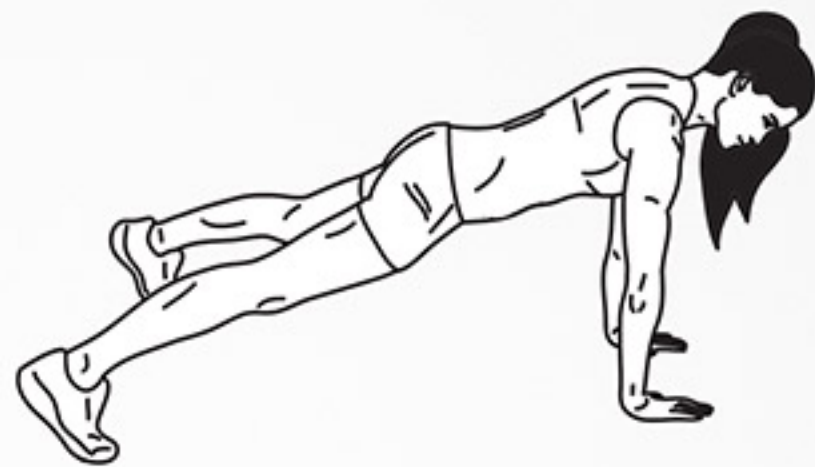
5 up and down planks

super plank

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30sec plank



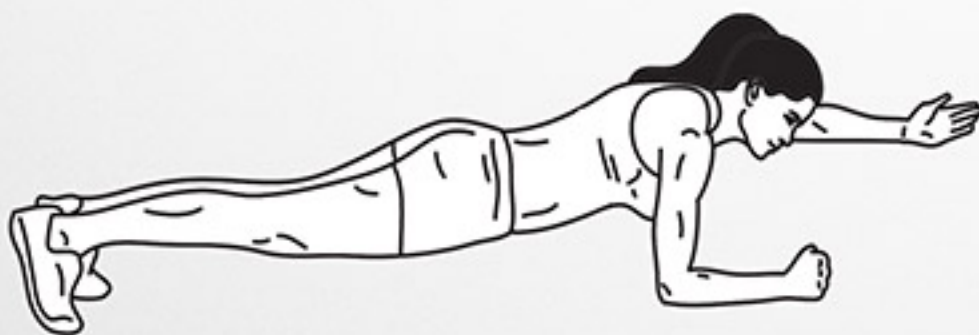
30sec wide leg plank



30sec elbow plank



30sec superman plank



60sec raised arm elbow plank
30 seconds - each arm

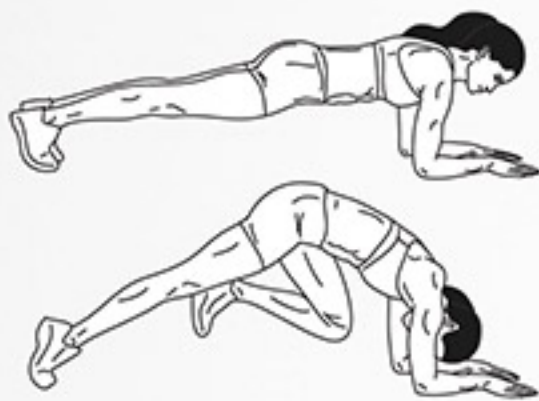


60sec side plank
30 seconds - each side

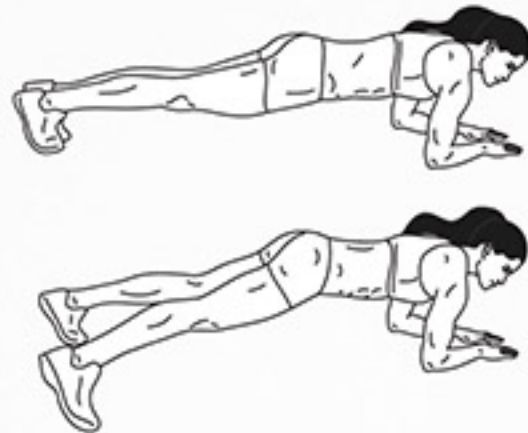
TOUGH COOKIE

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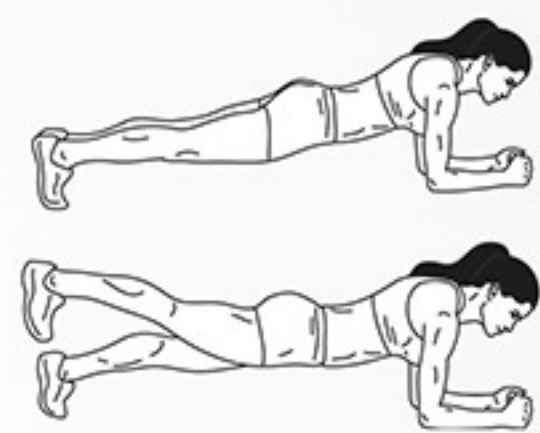
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



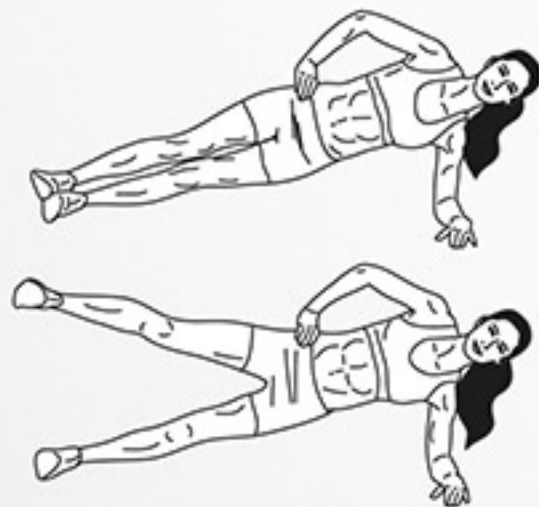
12 plank knee-ins



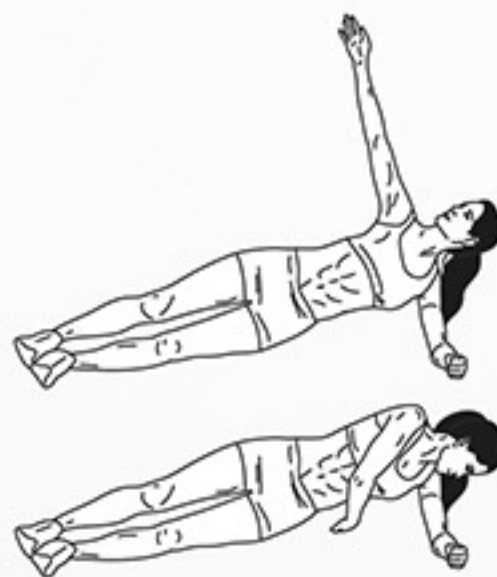
12 plank step-outs



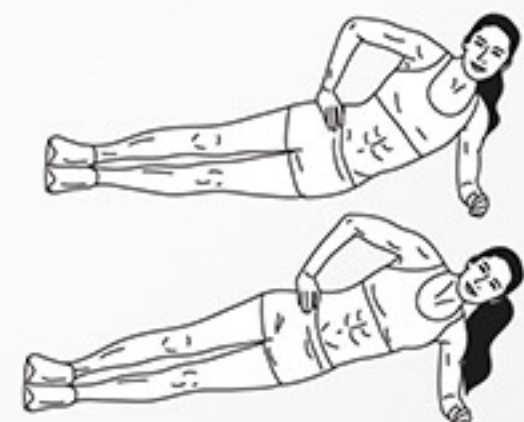
12 plank leg raises



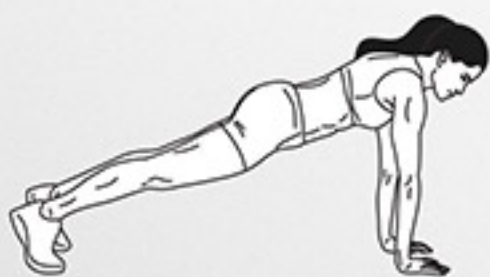
12 side plank leg raises



12 side plank rotations



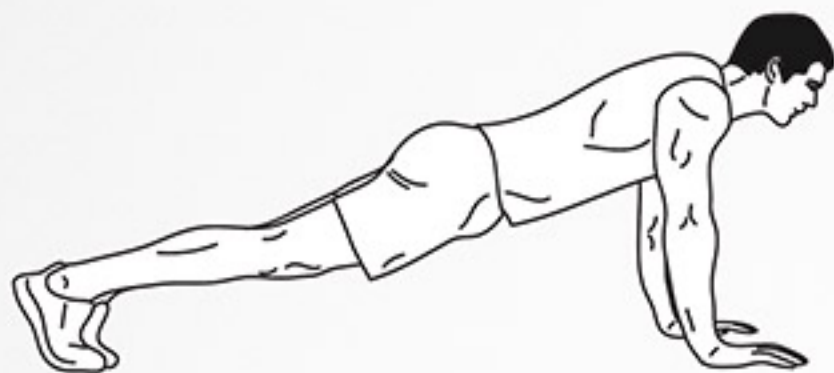
12 side bridges



6 up and down planks

TWO MINUTE **PLANK**

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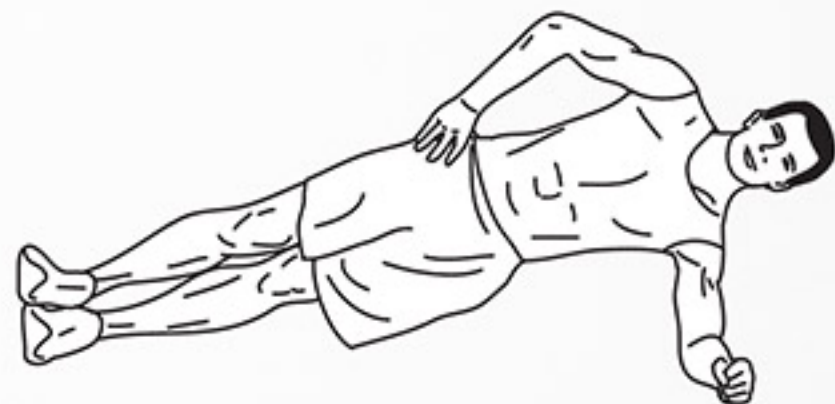
20sec full plank



20sec elbow plank



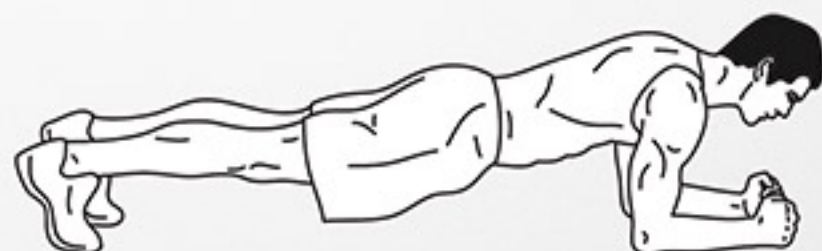
20sec raised leg plank
10 seconds - each leg



20sec side plank
10 seconds - each side



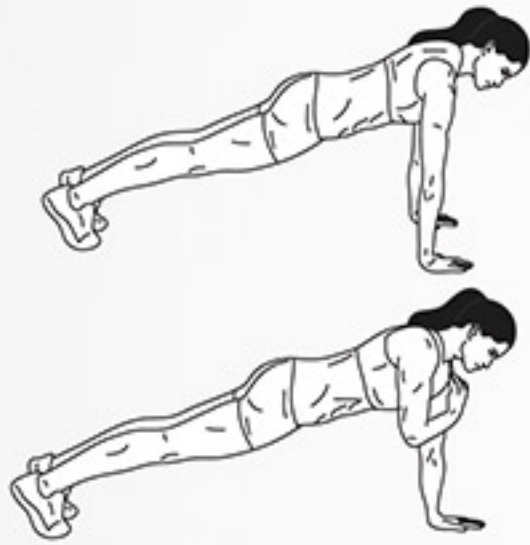
20sec full plank



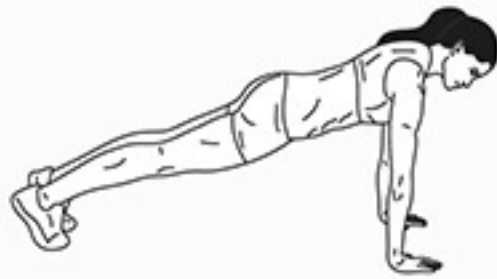
20sec elbow plank

Verity

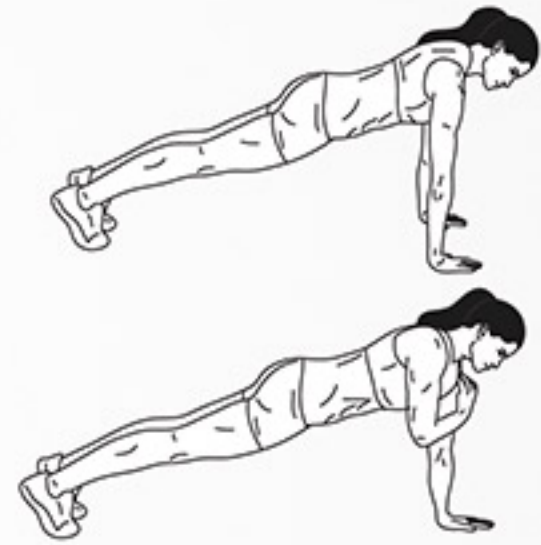
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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets
up to 2 minutes rest between sets



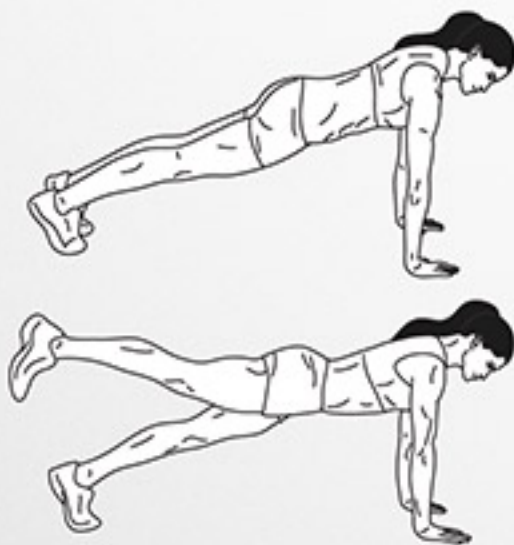
10 shoulder taps



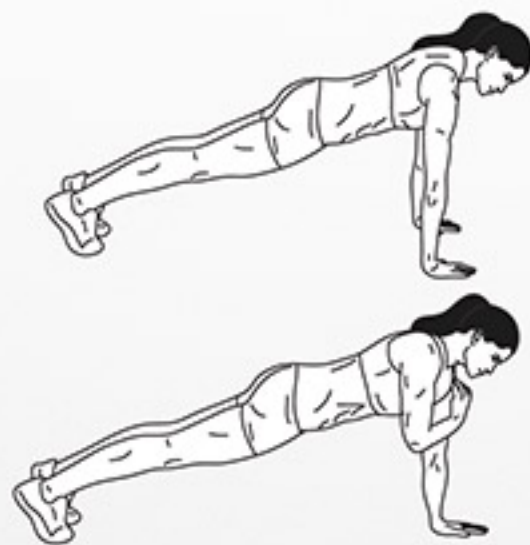
10-count plank hold



10 shoulder taps



10 plank leg raises



10 shoulder taps



10 slow climbers