

abs & core

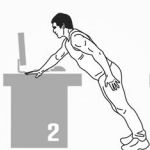
desk edition

DAREBEE WORKOUT © darebee.com



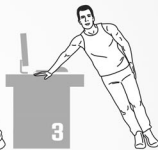
30 seconds

table plank



60 seconds

one arm table plank



60 seconds

side table plank



60 seconds

raised leg table plank



60 seconds

alternative arm and leg raise table plank