

ACTIVE PLANK

DAREBEE WORKOUT © darebee.com

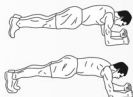
Repeat 3 times 2 minutes rest between sets



10 plank leg raises



10 plank side crunches



10 body saw



10 plank rolls



10 side plank dips



10 side plank rotations