

plank

5 min **workout**



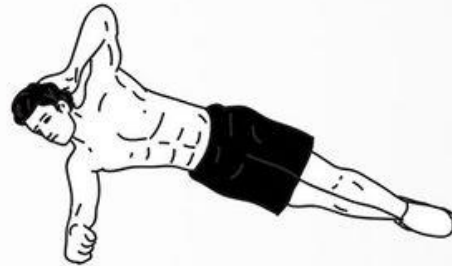
1:00 basic plank



0:30 elbow plank



1:00 leg raised plank
30 seconds - each leg



1:00 one side plank
30 seconds - each side



0:30 basic plank



1:00 elbow plank