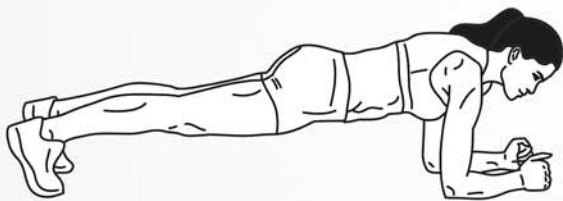


# MASTER PLANK

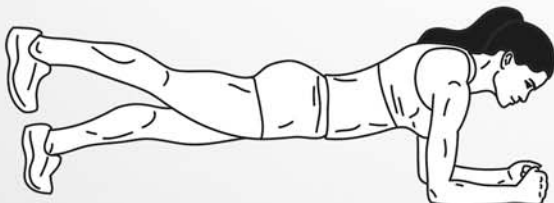
DAREBEE WORKOUT © [darebee.com](https://darebee.com)



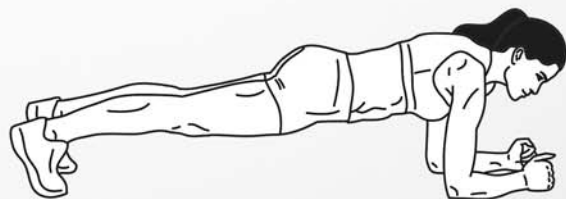
**30sec**  
elbow plank



**60sec**  
side elbow plank



**60sec**  
raised leg elbow plank



**30sec**  
elbow plank