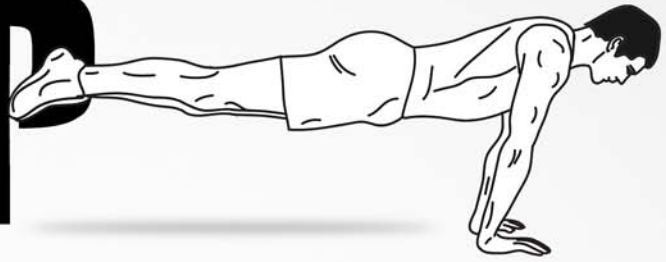
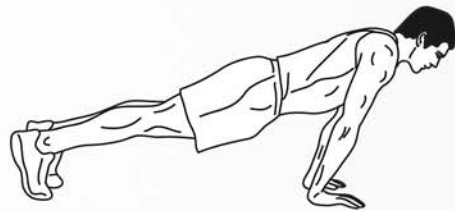


attempt
when ready

PLANCHE PREP

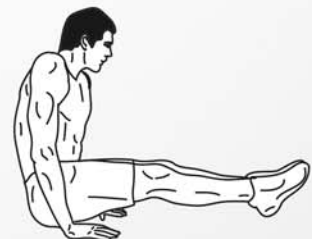
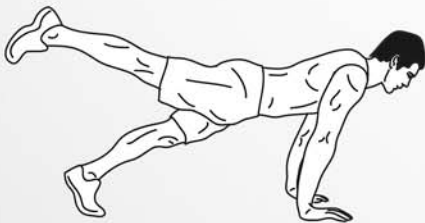


DAREBEE WORKOUT @ darebee.com



8 plank walk-outs
4 sets 60sec rest between sets

10sec leaning plank
4 sets 60sec rest between sets



10sec leaning plank
leg raised (each leg)
4 sets
60sec rest between sets

5 crane pose lifts
4 sets
60sec rest between sets

to failure L-Sit
4 sets
60sec rest between sets