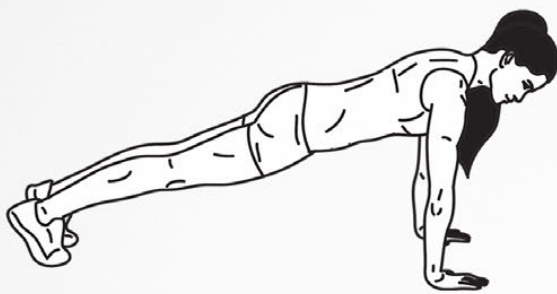
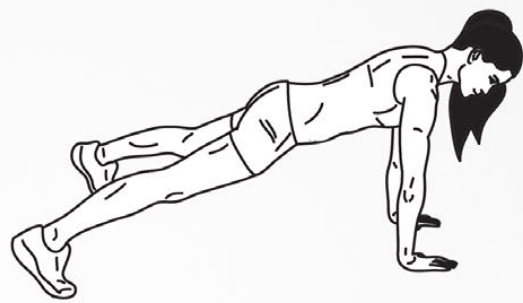


# super plank

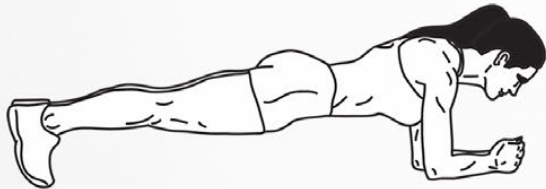
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**30sec** plank



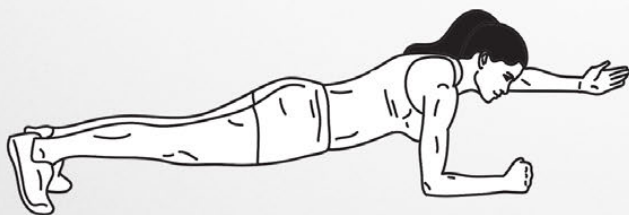
**30sec** wide leg plank



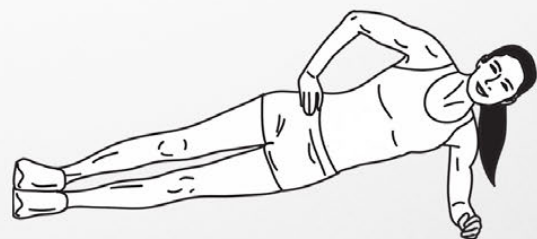
**30sec** elbow plank



**30sec** superman plank



**60sec** raised arm elbow plank  
30 seconds - each arm



**60sec** side plank  
30 seconds - each side