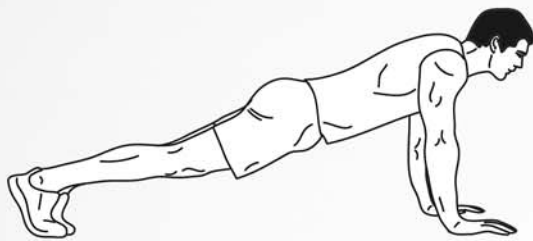
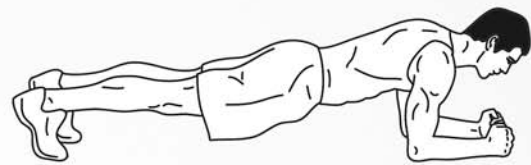


# TWO MINUTE **PLANK**

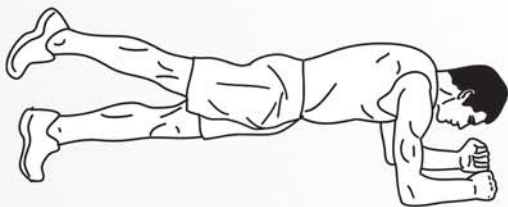
DAREBEE WORKOUT @ [darebee.com](http://darebee.com)



**20sec** full plank



**20sec** elbow plank



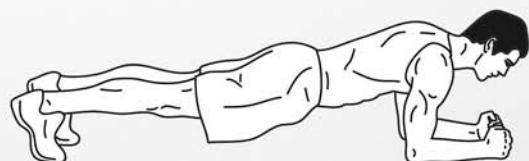
**20sec** raised leg plank  
10 seconds - each leg



**20sec** side plank  
10 seconds - each side



**20sec** full plank



**20sec** elbow plank