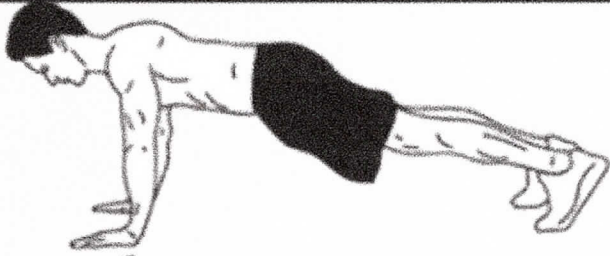
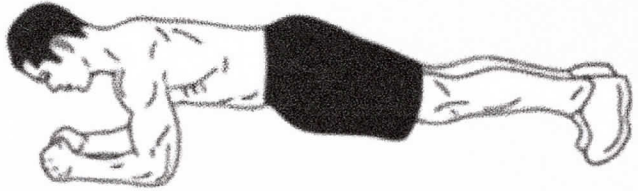


Five-Minute Plank Workout



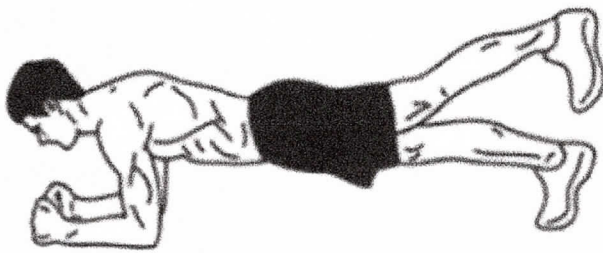
1. full plank

1:00



2. elbow plank

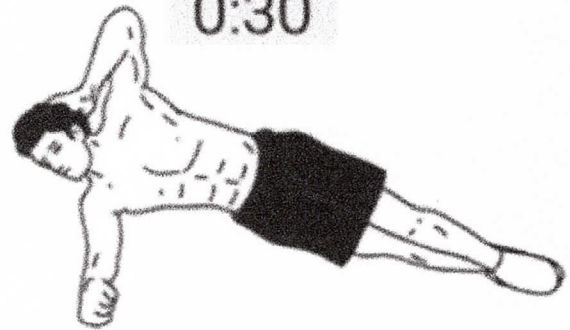
0:30



3. raised leg plank

30 seconds - each leg

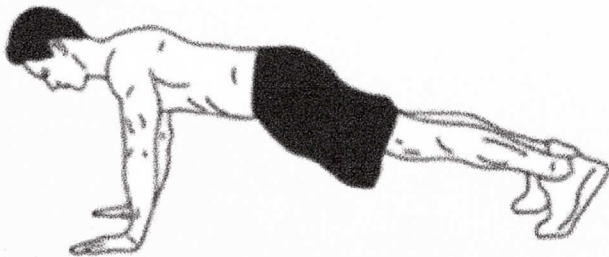
1:00



4. side plank

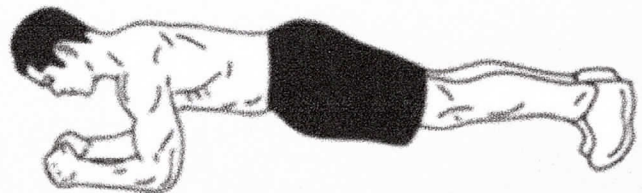
30 seconds - each side

1:00



5. full plank

0:30



6. elbow plank

1:00