

RETO PLANCHAS

5 MINUTOS

MINUTE

1

Forearm plank

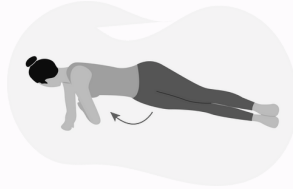


x 30"
15" rest
x 30"

MINUTE

2

Side plank rotation



x 30" R side
15" rest
x 30" L side

MINUTE

3

High plank

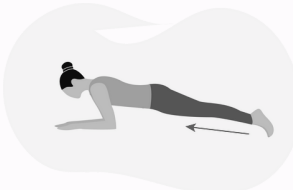


x 30"
15" rest
x 30"

MINUTE

4

Rocking plank



x 30"
15" rest
x 30"

MINUTE

5

High plank with shoulder taps



x 30"
15" rest
x 30"