5 Minute Plank

Beginner | 4 min

1		Plank	45 Seconds
	Rest		10 Seconds
2		Side Plank	15 Seconds
	Rest		10 Seconds
3		Buzz Saw Planks	30 Seconds
	Rest		10 Seconds
4		Side Plank resting on elbow	15 Seconds
	Rest		10 Seconds
5		Plank	30 Seconds
	Rest		10 Seconds

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6		Side plank with crossed legs	15 Seconds

Rest **10 Seconds**

7		Plank	45 Seconds

P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

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