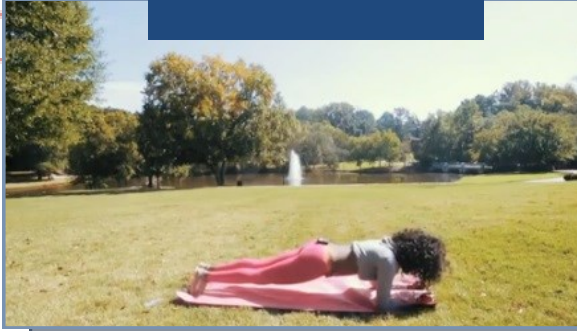


# 10 Minute Planks

## FOR TIGHTER ABS

Video: [www.keepitmovingfitness.com/10minuteplanks](http://www.keepitmovingfitness.com/10minuteplanks)

60 Second Plank

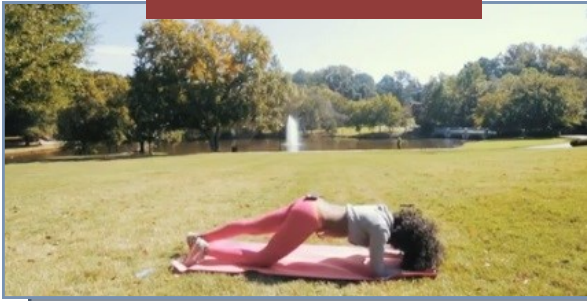


30 Second Knee Tap Plank



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30 Second Knee Tap Plank



30 Second Side Plank



30 Second Side Plank



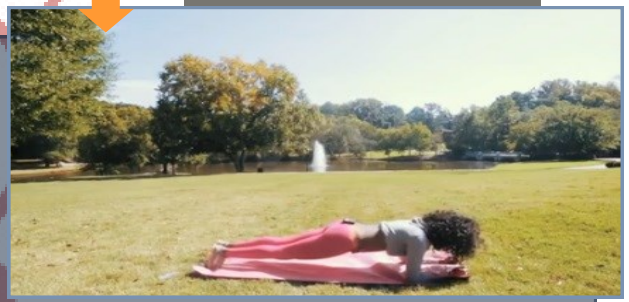
30 Second Plank Ups



60 Second Walking Planks



60 Second Plank



30 Oblique Plank



Finish up the Time with downdog/cobra yoga pose

