

# FIVE MINUTE PLANK

NEILA REY WORKOUT

neilarey.com



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