

**April 1, 2014**

Written by Andrea  
Monday, 31 March 2014 18:39 -

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## **Advanced**

20 minutes of:

10 knees to elbows

20 squats

30 second plank hold

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## **Intermediate**

15 minutes of:

10 knees to elbows

15 squats

20 second plank hold

## **Beginner**

10 minutes of:

10 knees to elbows

10 squats

10 second plank hold

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Do your plank holds on an elevated surface if that is more comfortable for you.