



PLANK IT!

ROUND 1: PLANK HOLDS

2 X - Hold each plank variation for as long as possible. Rest 60 seconds between plank variations next plank variation. Second time try to beat your previous time.

1A PLANK

2A SIDE PLANK– Right

2B SIDE PLANK– Right

REST 90 Seconds

ROUND 2: MOVING PLANKS

3 X 12— Rest 30 seconds between. Between sets rest 90 seconds.

1 SHOULDER TAPS (or PUSH UPS)

2 PLANK JACKS

3 PLANK OPPOSITIONAL REACH

REST 90 Seconds

ROUND 3: PLANK HIIT

4 MINUTES - During the work portion try to keep the intensity up. Work for 40 seconds, rest 20 seconds. REPEAT till 4 minutes is completed.

40 Sec Work: Burpees, Mountain Climbers, Plank Jacks or other moving plank variation

20 Sec Rest: