



Fave Plank Variations

Anytime Workouts



Plank with Leg Lift

Pilates



- 1 - Support your body off the floor, resting on your toes and forearms.
 - 2 - Raise one leg straight up off the floor about 10-12 inches.
- Keep your body in a straight line with your back flat.
 - Hold, then lower back to the floor and repeat, raising the other leg.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Bridge to Plank

Lower Back



- 1 - Raise your body off the floor, resting on your toes and forearms.
 - 2, 3 - Straighten your arms, one at a time, coming up into the top of a push up position and hold briefly.
 - 4, 5 - Lower yourself back to your forearms, one arm at a time.
- Repeat, alternating sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Side Plank I

Yoga



- Support your body on your toes and hands with your arms and body straight.
- Raise one hand to the ceiling while rotating your body to the same side and look up at your hand.
- Perform on one side then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



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Anytime Workouts



Plank Pull Thru

Full Body



- 1 - Support your body in the top of a push up position with a kettlebell to the outside of one arm.
 - 2 - Reach your opposite hand under your body to grab the kettlebell while maintaining the plank position.
 - 3 - Lift the kettlebell under your body and across to the opposite side.
- Repeat using the other hand, lifting the kettlebell back to the original side.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Tuck

Abs



- 1 - Start in a top position of a push up with your arms straight and your feet looped through the handles.
 - 2 - Pull your knees into your chest.
- Return back out to the straight position.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				