

S

Plank Challenge

1



FOREARM PLANK

2



FOREARM SIDE PLANK

3



EXTENDED ARM PLANK

4



EXTENDED SIDE PLANK

5



KNEE TAPS

6



SHOULDER TAPS

7



PLANK UP-DOWNS

8

FRIDAY FLOW



TRICEPS PUSH-UP

9



FOREARM HIP DIPS

10

11



PLANK JACKS

12



SIDE PLANK DIPS

13



KNEE TO OPPOSITE ELBOW

14



KNEE TO SAME ELBOW

15

FRIDAY FLOW

16



WIDE GRIP PUSH-UP

17



PANTHER

18



SIDE PLANK ROTATION + LEG LIFT

19



PLANK REACH

20



SIDE PLANK HIP DIP + LEG LIFT

21



MOVING PANTHER

22

FRIDAY FLOW

23



TRICEPS PUSH-UP ROTATION

24



PLANK ROWS

25



THREAD THE NEEDLE + LEG LIFT

26



ARMY CRAWLS

27



SIDE PLANK CRUNCH + TOE TAP

28



ONE-LEG PULL

29

FRIDAY FLOW

30



CROUCHING TIGER PUSH-UPS

31



BONUS: PLANK HOLD