

LIVESTRONGSM.COM

PLANK CHALLENGE

1

Wide Arm
Plank

2

Knee to Nose
Extension

3

Straight
Arm Plank

4

Cross Knee
Extension

5

Forearm
Plank

6

Opposite
Leg Bicycle

7

Hip Drop
Plank

8

Side to Side
Hip Drop

9

Leg Lift
Plank

10

Knee to
Shoulder
Plank

11

Side Plank

12

Side
Plank Curls

13

Kneeling
Plank

14

Side
Plank Curls

15

Classic Plank
Leg Lift

16

Hamstring
Lift

17

Side Forearm
Plank

18

Side Forearm
Plank Curls

19

Reverse
Plank

20

Lateral Leg
Tap Plank

21

Side Plank
Leg Lift

22

Eye of the
Tiger Plank

23

Side
Plank Arm
Extension

24

Chaturanga
Plank

25

Side Tree
Pose Plank

26

Fallen
Triangle
Side Plank

27

Cross
Body Plank

28

Twisted Hip
Dip Plank

YOU ARE
STRONGER
THAN YOU THINK!