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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

CROUCHING TIGER
PUSH-UPS

30

31

BONUS:
PLANK HOLD