

Walk the Plank

4/22/2020

Warm-up:

3 rounds: 12-15 reps

Knee tuck extension <https://www.youtube.com/watch?v=8S6v5mvIYUk>

Variation: Cat Cow

Plank :45

Variation: Knee plank

Side plank pulse <https://www.youtube.com/watch?v=yJUwoLfvCS8>

Variation: side plank or plank with knee down

Hip dips plank <https://www.youtube.com/watch?v=em4gADvYvMA>

Variation: forearm plank or forearm plank on knees

Thread the needle <https://www.youtube.com/watch?v=GgoLFrNnWIo>

Variation: side plank or plank with knee down

Reverse crunch: <https://www.youtube.com/watch?v=gAyTBB4Im3I>