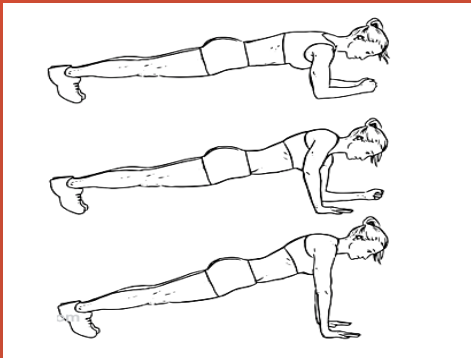


These are to be done consecutively with no rest between each plank. Depending on your ability level hold each plank for 30, 45, 60 or 90 seconds each before starting the next plank. Once you can complete all planks without failure for a given amount of time, increase time spent on each plank. Do two to three sets w/ 2 min rest between sets.

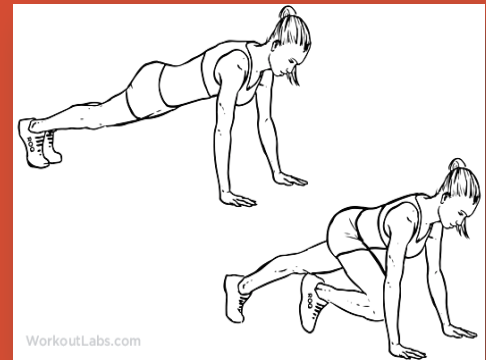
## Up/Down Plank



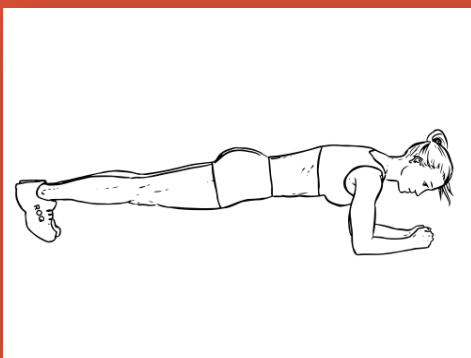
- 1) Start in a modified plank position on your forearms, palms facing down.
- 2) 'Walk' your left hand in, placing it under your shoulder and pressing your body up. Walk your right hand in so that you end up in a full plank position with both arms straight.
- 3) Slowly lower your left elbow down to the floor, and then your right, so you're back in your elbow plank.

## Mountain Climbers

- 1) Assume a press up position so your hands are directly under your chest at shoulder width apart with straight arms
- 2) Your body should form a straight line from your shoulders to your ankles
- 3) Lift your right foot off the floor and slowly raise your knee as close to your chest as you can.
- 4) Return to the starting position and repeat with your left leg



## Plank



- 1) Start by getting into a press up position.
- 2) Bend your elbows and rest your weight onto your forearms and not on your hands.
- 3) Your body should form a straight line from shoulders to ankles.
- 4) Avoid any bend in the back by engaging your core and sucking your belly button into your spine. Hold this position for