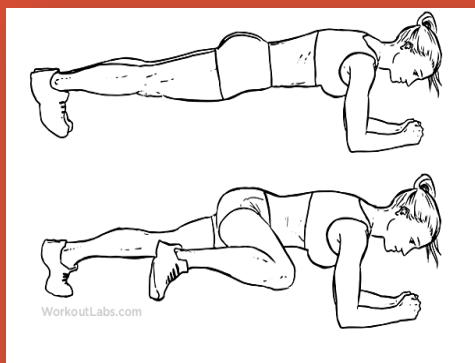


These are to be done consecutively with no rest between each plank. Depending on your ability level hold each plank for 30, 45, 60 or 90 seconds each before starting the next plank. Once you can complete all planks without failure for a given amount of time, increase time spent on each plank. Do two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

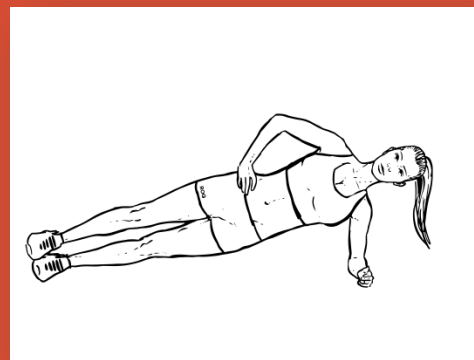
Spiderman Plank



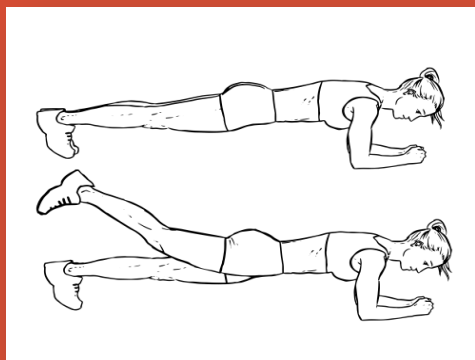
- 1) With your elbows under your shoulders, place your hands on the ground.
- 2) Squeeze your belly button into your spine and keep your back nice and flat.
- 3) Bring your right knee to your right elbow.
- 4) Extend your right leg back, returning to starting position then repeat on the left side

Side Plank

- 1) Turn onto your right side with your legs extended and your feet and hips resting on the ground and stacked on top of each other.
- 2) Place your right elbow directly under your shoulder to prop up your torso, and align your head with your spine.
- 3) Gently contract your core and lift your hips and knees off the floor; this strengthens your sides and deep ab muscles



Plank Leg Lift



- 1) Begin in the top of a pushup position with your hands directly beneath your shoulders. Your body should form a straight line from your shoulders to your ankles.
- 2) Tighten your abs and lift one leg off the ground until it's at hip height, pausing for a moment before returning to the starting position.
- 3) Do not allow your back to round and your torso to rotate to one side or the other you lift your leg.