

Plank Challenge!

The plank is one of the most effective choices for core work. A basic plank can be amazingly versatile. Just add simple movements and some resistance to make an already challenging move even more interesting and effective. Try these fun and challenging variations on a basic plank. The following variations are best for participants who can hold a plank with good form for at least one minute.



Plank Tap Outs: begin in forearm plank, step right foot to side then left foot. Bring right foot in followed by left foot. Maintain a straight line down the body keeping your shoulders over your elbows and abdominals tight.

1-2 sets of 10 repetitions.



Plank Hand Taps with band: start in plank, arms extended, use top corners of mat as a guide and remain “straight as a board” position. Contract core and tap right hand near right side corner of mat. Bring right hand back to start and repeat with left. Option: perform from knees

1-2 sets of 10 repetitions.



Side Plank Hip drops: start by lying on your right side with your legs stacked. Place your right elbow directly under your shoulder. Align your head with your spine. Slowly lift your hips and knees off the floor, keeping your abdominals engaged to brace your spine. Hold for one breath in and out and lower hips. Raise movements from your hip and pelvis area, not from your shoulder.

1-2 sets of 10 repetitions. Repeat on other side



Plank Push-ups: start in a plank position with your arms extended, wrists under shoulders. Slowly lower one arm until your forearm and elbow are resting on the ground. Carefully lean on that forearm and bring your other arm down to rest on the ground in the same way.

Hold the plank for one count then slowly return to the push-up position one arm at a time. Repeat for the desired amount of repetitions.