

Plank fitness

Part one: Core plank moves

Chapter one: Full plank

1- Full plank



2- Knee to chest



3- Twisted knee to chest



4- Mountain climber



5- Spider-man



6- Spinal balancing



7- Modified spinal balancing



8- Stepping feet out from



9- Alternate stepping feet out from



10- Pulsing



11- One arm



12- Walks



13- Three point knee to chest



14- Arm reach front and back



15- Donkey kicks



16- Modified donkey kicks



17- Inchworms



18- Walkout



19- Around the world 	20- Shoulder tap 	
Chapter two: Side plank		
21- Side full 	22- Foot taps 	23- Side plank with hip dips 
24- Tree 	25- Leg raise 	26- Star 
27- Bow 	28- Side plank with knee crunches 	29- Push up side plank 
Chapter three: Forearm plank		
30- Full forearm 	31- Rocking 	32- Knee taps 
33- Hip drops 	34- Crossover 	35- Around the world marching 
36- Dolphin 	37- Dolphin push-up 	

Chapter four: Side forearm plank

38- Full side forearm



39- Wrist grab



40- Hip dips forearm



41- Rolling



Part two: Unstable surface plank

Chapter five: Stability ball planks

42- Full stability ball



43- Supported side



44- Forearm



45- Side forearm



46- Balancing



47- Knee tucks



48- Walks



49- Balancing side forearm



50- Stir the pot



51- Reverse



52- Modification reverse



Chapter six: Bosu trainer planks

53- Full bosu



54- Flipped



55- Walks bosu



56- Side forearm bosu 	57- Side forearm with knee crunches 	
Chapter seven: Medicine ball plank		
58- Full medicine ball 	59- Double 	60- Rolling 
61- Leg lift 	62- Cheetah 	63- Side 
Part three: planks with equipment + plyometric		
Chapter eight: planks with weights		
64- Dumbbell punch 	65- Dumbbell rows 	66- Dumbbell triceps kickbacks 
67- Full plank with weight 	68- Side plank with weight 	69- Star side 
70- Stability ball chest Press 	71- Stability ball chest fly 	72- Stability ball overhead extension 
73- Forearm Plank Plate Push + Pull 		

Chapter nine: Plyometric planks

74- Lateral hopping



75- Ski jump



76- Planks jack



77- Jogging



78- Mountain climber Push- ups



79- Frog jump



Chapter ten: Glider planks

80- Forearm hand side



81- Forearm body saw



82- Forearm hip abduction + Adduction



83- Knee to chest



84- Twisted knee to chest



85- Skiing



86- Crunch



87- V-Up



Part four: Reverse, stretching + extra credit planks

Chapter eleven: Reverse planks

88- Table



89- Reverse plank



90- Leg lift



91- Table kicks



92- Table crunch twist



93- Bridge



94- Forearm 	95- Gliding disk slide-through 	
Chapter twelve: Stretching planks		
96- Mermaid 	97- Revolved side 	98- Modified side with a Reach 
99- Balancing modified side 	100- Bound modified 	101- Side to side gate 
102- Flowing 		
Chapter thirteen: Extra credit planks		
103- Medicine ball and bosu 	104- Medicine ball and bosu modified 	105- Bosu and stability ball 
106- Bosu + gliding disk mountain climber 		