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| 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 |