

6-WEEK PLANK CHALLENGE

PROGRESS CARD

PLANK EXERCISE SEE REVERSE EXERCISES ON BACK	WEEK WRITE IN THE DATE						TIME HELD MINUTES : SECONDS					
REGULAR PLANK												
HIGH PLANK												
HIGH PLANK WITH LENGTH												
SIDE PLANK (RIGHT)												
SIDE PLANK (LEFT)												
ELBOW PLANK REACH (RIGHT)												
ELBOW PLANK REACH (LEFT)												
LEG LIFT (RIGHT)												
LEG LIFT (LEFT)												
ELBOW PLANK ARM (L) LEG (R)												
ELBOW PLANK ARM (R) LEG (L)												
ELBOW PLANK WITH SLIDE												

WEEK 6 BONUS CHALLENGE - FOR A TOTAL OF 5 MINUTES

FULL HIGH PLANK 1 MINUTE

ELBOW PLANK 30 SECONDS

RAISE LEG 30 SECS EACH SIDE 1 MINUTE

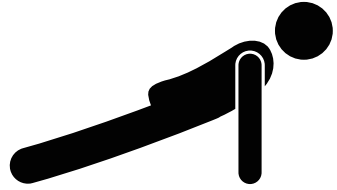
SIDE PLANK 30 SECS EACH SIDE 1 MINUTE

FULL PLANK 30 SECONDS

ELBOW PLANK 1 MINUTE



REGULAR PLANK



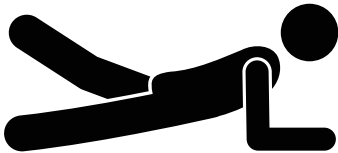
HIGH PLANK



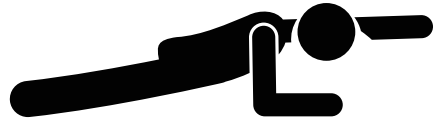
HIGH PLANK WITH LENGTH



SIDE PLANK



LEG LIFT



ELBOW PLANK REACH



**ELBOW PLANK REACH
WITH OPPOSITE LEG LIFT**

