



PLANK PROGRESSION PROGRAM

WEEK 1

**TOTAL TIME/
REPETITIONS**

<input type="checkbox"/> DAY 1:	Interval :20 on / :20 off 2 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Bear Crawl	6min 20Sec
<input type="checkbox"/> DAY 2:	7 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lower, 10 Flutter Kicks	7 minutes 50 Reps/round
<input type="checkbox"/> DAY 3:	Interval :30 on / :20 off 2 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	8min
<input type="checkbox"/> DAY 4:	Complete 2 rounds each exercise	10 Walking Plank, 10 Oblique Heel Touch, 10 Abdominal Crunch, 10 Flutter Kicks	60Reps
<input type="checkbox"/> DAY 5:	8 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	8 minutes 40 Reps/round



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WEEK 2

**TOTAL TIME/
REPETITIONS**

<input type="checkbox"/>	DAY 1:	8 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lowers, 10 Flutter Kicks	8 minutes 50 Reps/round
<input type="checkbox"/>	DAY 2:	Interval :30 on / :20 off 3 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	12min10Sec
<input type="checkbox"/>	DAY 3:	Complete 3 rounds each exercise	10 Walking Plank, 10 Oblique Heel Touch, 10 Abdominal Crunch, 10 Flutter Kicks	120Reps
<input type="checkbox"/>	DAY 4:	9 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	8 minutes 40 Reps/round
<input type="checkbox"/>	DAY 5:	Interval :30 on / :20 off 3 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Bear Crawl	9min40Sec



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WEEK 3

**TOTAL TIME/
REPETITIONS**

<input type="checkbox"/> DAY 1:	Interval :40 on / :20 off 2 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	9min40Sec
<input type="checkbox"/> DAY 2:	Complete 3 rounds each exercise	12 Walking Plank, 12 Oblique Heel Touch, 12 Abdominal Crunch, 1 Flutter Kicks	144Reps
<input type="checkbox"/> DAY 3:	10 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	10 minutes 40 Reps/round
<input type="checkbox"/> DAY 4:	Interval :30 on / :20 off 3 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Wear Crawl	12min10ec
<input type="checkbox"/> DAY 5:	9 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lower, 10 Flutter Kicks	9min50Sec



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WEEK 4

**TOTAL TIME/
REPETITIONS**

<input type="checkbox"/>	DAY 1:	Complete 2 rounds each exercise	14 Walking Plank, 14 Oblique Heel Touch, 14 Abdominal Crunch, 14 Flutter Kicks	112Reps
<input type="checkbox"/>	DAY 2:	11 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	11 minutes 40 Reps/round
<input type="checkbox"/>	DAY 3:	Interval :40 on / :10 off 3 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Bear Crawl	12min20ec
<input type="checkbox"/>	DAY 4:	10 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lowers, 10 Flutter Kicks	10 minutes 50 Reps/round
<input type="checkbox"/>	DAY 5:	Interval :40 on / :10 off 3 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	12min20Sec