



# Plank Progression Program



By: SSgt Poland, Victoria FFIT

DAY	DATE	LESSON	LOCATION	UNIFORM	Note	REMARKS	TOTAL TIME/REPETITIONS
<b>Week 1</b>							
MONDAY	2-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :20 on / :20 off 2 Rounds Mountain climbers Plank Flutter Kicks superman Prone Four way bear crawl	6:20 Minutes
TUESDAY	3-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	7 Minute AMRAP (As Many Rounds As Possible) Burpees 10 Abdominal crunches 10 Plank with hand raise (5 each side) 10 10 Leg lower 10 Flutter kicks	7 minutes/50 Reps per round
WEDNESDAY	4-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :30 on / :20 off 2 Rounds Toe touch ups Plank with hand raise Oblique heel touch Windmills	8:00 Minutes
THURSDAY	5-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Complete 2 rounds of each exercise before moving on 10 Walking plank 10 Oblique heel touch 10 Abdominal crunch 10 Flutter kicks	60 Reps
FRIDAY	6-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	8 Minute AMRAP (As Many Rounds As Possible) Prone superman 4 Oblique heel touch 8 Side plank 12 16 Plank with hand raise	8 Minutes/40 Reps per round
<b>Week 2</b>							
MONDAY	9-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	8 Minute AMRAP (As Many Rounds As Possible) Burpees 10 Abdominal crunches 10 Plank with hand raise (5 each side) 10 10 Leg lower 10 Flutter kicks	8 Minutes/50 Reps per round
TUESDAY	10-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :30 on / :20 off 3 Rounds Toe touch ups Plank with hand raise Oblique heel touch Windmills	12:10 Minute
WEDNESDAY	11-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Complete 3 rounds of each exercise before moving on 10 Walking plank 10 Oblique heel touch 10 Abdominal crunch 10 Flutter kicks	120 Reps
THURSDAY	12-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	9 Minute AMRAP (As Many Rounds As Possible) Prone superman 4 Oblique heel touch 8 Side plank 12 16 Plank with hand raise	9 Minutes/40 Reps per round
FRIDAY	13-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :20 on / :20 off 3 Rounds Mountain climbers Plank Flutter Kicks superman Prone Four way bear crawl	9:40 Minute
<b>Week 3</b>							
MONDAY	16-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :40 on / :20 off 2 Rounds Toe touch ups Plank with hand raise Oblique heel touch Windmills	9:40 Minutes
TUESDAY	17-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Complete 3 rounds of each exercise before moving on 12 Walking plank 12 Oblique heel touch 12 Abdominal crunch 12 Flutter kicks	144 Reps
WEDNESDAY	18-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	10 Minute AMRAP (As Many Rounds As Possible) Prone superman 4 Oblique heel touch 8 Side plank 12 16 Plank with hand raise	10 Minutes/40 Reps per round
THURSDAY	19-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :30 on / :20 off 3 Rounds Mountain climbers Plank Flutter Kicks superman Prone Four way bear crawl	12:10 Minutes
FRIDAY	20-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	9 Minute AMRAP (As Many Rounds As Possible) Burpees 10 Abdominal crunches 10 Plank with hand raise (5 each side) 10 10 Leg lower 10 Flutter kicks	9 Minutes/50 Reps per round
<b>Week 4</b>							
MONDAY	23-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Complete 2 rounds of each exercise before moving on 14 Walking plank 14 Oblique heel touch 14 Abdominal crunch 14 Flutter kicks	112 Reps
TUESDAY	24-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	11 Minute AMRAP (As Many Rounds As Possible) Prone superman 4 Oblique heel touch 8 Side plank 12 16 Plank with hand raise	11 Minutes/40 reps per round
WEDNESDAY	25-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :40 on / :10 off 3 Rounds Mountain climbers Plank Flutter Kicks superman Prone Four way bear crawl	12:20 Minutes
THURSDAY	26-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	10 Minute AMRAP (As Many Rounds As Possible) Burpees 10 Abdominal crunches 10 Plank with hand raise (5 each side) 10 10 Leg lower 10 Flutter kicks	10 Minutes/50 Reps per round
FRIDAY	27-Aug-21	Core	Gym/field	PT Gear	Conduct dynamic warm up prior to any physical fitness training	Interval :40 on / :10 off 3 Rounds Toe touch ups Plank with hand raise Oblique heel touch Windmills	12:20 Minutes