

Core Workout: Plank Challenge – Without Equipment

For your Safety:

We are excited that you have decided to download and enjoy this workout.

Please read the entire written description that accompanies the program very carefully before starting and always use common sense and good judgment. Remember to always consult with your physician prior to starting any exercise program. If you have any questions about how to complete this work out safely, please find a Falcon Fitness Center employee.

There is an inherent risk to any exercise program. By downloading and using this workout, you acknowledge and agree that you are doing so voluntarily and agree that you will not hold Messiah College or the Falcon Fitness Center liable for any and all injuries.

Description:

1. This workout was designed for those who want to add some variety to the “traditional plank.” If you struggle to hold a plank for 30 seconds or have not done much core focused work, we recommend starting with the beginner core workout.
2. When performing a plank, always keep your head, shoulders, hips, and heels in a straight line. Pay special attention to avoid your low back arching or pushing your butt up in the air.
3. When you feel comfortable with these exercises, try out the plank challenge with equipment.

<u>CORE WORKOUT: PLANK CHALLENGE – WITHOUT EQUIPMENT</u>	
Exercise*	Time or Reps
Plank Alternate Leg Raise	30 Seconds
Side Plank with Hip Lifts	10x Each Side
Plank with Alternate Arm, Alternate Leg Lift	30 Seconds
Side Plank with Top Leg Lifted	20 Seconds
Plank to Push	20 Seconds
Side Plank with Bottom Knee Drive	30 Seconds



*Click on the exercises above to load demonstration videos!