

Core Workout: Plank Challenge – With 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 is designed for those who want to add variety and challenge to the basic planking exercise. This can be a very challenging workout and is not intended for beginners. If you struggle to complete these exercises, we suggest starting with our beginner core program or the plank challenge without equipment.
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. This becomes especially important when you add instability to an exercise with a stability ball or the TRX.

<u>CORE WORKOUT: PLANK CHALLENGE – WITH EQUIPMENT</u>	
Exercise*	Time or Reps
Stir the Pot on Stability Ball	30 Seconds
TRX Side Plank	30 Seconds Each Side
Weighted Plank	30 Seconds
Stability Ball Pike	x10
TRX Push Backs	x10



*Click on the exercises above to load demonstration videos!