

1. Front Plank | Forearms and Knees (OPTION 1)



Beginner: 30sec x2-3
Intermediate: 60sec x2-3
Advance: 90sec+ x2-3
Frequency: 3/week with day off inbetween

2. Front Plank | Forearms and Feet (OPTION 2)



Beginner: 30sec x2-3
Intermediate: 60sec x2-3
Advanced: 90sec+ x2-3
Frequency: 3/week with day off inbetween

3. Side Plank | Forearm and Knee (OPTION 1)



Frequency: 3/week with day off inbetween

4. Side Plank | Forearm and Feet (OPTION 2)



Frequency: 3/week with day off inbetween

5. Leg Cycling



Frequency: 3/week with day off inbetween

6. Superman | Arm+Leg Lift (OPTION 1)



Frequency: 3/week with day off inbetween

7. Prone Trunk Extension (OPTION 2)



Set: 1-2
Duration: continue until reaching significant fatigue
Avoid: pain in lower back
Frequency: 3/week with day off inbetween

1. Front Plank | Forearms and Knees (OPTION 1)

Beginner: 30sec x2-3
Advance: 90sec+ x2-3

Intermediate: 60sec x2-3
Frequency: 3/week with day off inbetween

Preparation:

- Position yourself on forearms and knees

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



Start on stomach



Plank on forearms and knees

2. Front Plank | Forearms and Feet (OPTION 2)

Beginner: 30sec x2-3
Advanced: 90sec+ x2-3

Intermediate: 60sec x2-3
Frequency: 3/week with day off inbetween

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch



Start on stomach



Plank on forearms and feet

3. Side Plank | Forearm and Knee (OPTION 1)

Frequency: 3/week with day off inbetween

Preparation:

- Position yourself on your side as shown
- Bend your knees behind you to 90°

Execution:

- Push up onto your elbow and lift hips off the floor



Start position



Lift hips

4. Side Plank | Forearm and Feet (OPTION 2)

Frequency: 3/week with day off inbetween

Preparation:

- Position yourself on your side as shown
- Have your knees, hips and head in a straight line

Execution:

- Push up onto your elbow and lift hips off the floor



Start Position



Hold Plank

5. Leg Cycling

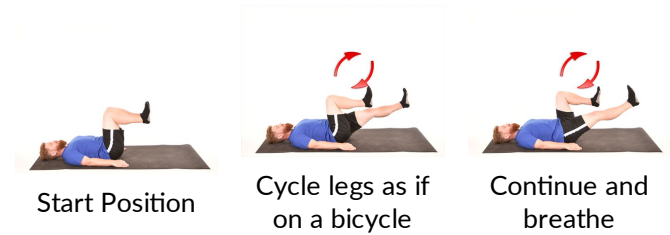
Frequency: 3/week with day off inbetween

Preparation:

- Lie on your back, hips and knees at 90 degrees as shown

Execution:

- Cycle legs as if on a bicycle



6. Superman | Arm+Leg Lift (OPTION 1)

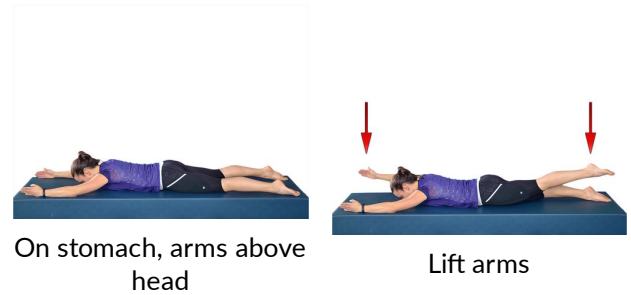
Frequency: 3/week with day off inbetween

Preparation:

- Lay on your stomach
- Arms above head

Execution:

- Lift your arms off the floor slightly



7. Prone Trunk Extension (OPTION 2)

Set: 1-2 | Duration: continue until reaching significant fatigue |
Avoid: pain in lower back | Frequency: 3/week with day off inbetween

- Start lying on your front with arms extended over head and legs straight
- engage your abdominal muscles before lifting your hands and legs at the same time to arch your trunk
- hold for the count of 2sec
- Complete 2sets until fatigue

