

Happy PLANKSgiving!



Celebrate the month of November by mastering PLANKS.

Learn a variety of exercises and condition your body for the cold winter months ahead.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Time for each exercise	1 10 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	2 10 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	3 15 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	4 15 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	5 20 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks
6 20 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	7 25 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	8 25 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	9 30 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	10 30 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	11 35 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	12 35 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches
13 40 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	14 40 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	15 45 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	16 45 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	17 50 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	18 50 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	19 55 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks
20 55 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	21 60 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	22 60 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	23 65 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	24 65 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	25 70 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	26 70 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches
27 75 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	28 75 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	29 80 seconds Side Plank Plank w/ Hip Raise Plank w/ Hip Dips Plank Jacks	30 80 seconds Prone Elbow Plank Plank Walks Plank w/ Leg Raise Plank Punches	<ul style="list-style-type: none"> • Maintain proper form throughout the series • Complete each exercise ONCE daily for the allotted time • Modify exercises as needed, knees or toes • View exercise descriptions on back side 		

Exercise Descriptions



- Complete each exercise ONCE daily
- Maintain proper form
- Take breaks and modify as needed

Side Plank ***Modify the exercise by planking on your knees.*

- Lie on your side with your legs straight.
- Prop yourself up with your right forearm and keep your bottom hip lifted up and away from the floor.
- Elbow should be directly underneath your shoulder. Rest your left hand on your hip.
- Brace your abs and hold for the prescribed amount of time.
- Repeat on the other side.



Plank w/ Hip Raise ***Modify the exercise by planking on your knees.*

- Begin in your plank position keeping elbows underneath your shoulders.
- Your body should form a straight line from your neck to your ankles.
- From this position, brace your core and lift your hips up keeping your legs long.
- Return back to your starting plank position, being cautious not to allow your hips to fall below your straight line.



Plank w/ Hip Dips ***Modify the exercise by planking on your knees.*

- Begin in plank position on your forearms with elbows underneath your shoulders.
- Keep your forearms against the mat/floor and rotate your hip to one side keeping your body long.
- Return to starting position and repeat on other side, continue alternating sides.
- The motion should be slow and controlled.
- Range of motion of the hip dip it up to you.



Plank Jacks ***Modify the exercise by alternating stepping one foot out at a time instead of jumping.*

- Begin in plank position, with your shoulders over your wrists with feet together.
- Like the motion of a jumping jack, jump your legs wide and then back together.
- Jump as quickly as you want, but keep your pelvis steady and don't let your booty rise toward the ceiling.



Exercise Descriptions

- Complete each exercise ONCE daily
- Maintain proper form
- Take breaks and modify as needed

Prone Elbow Plank ***Modify the exercise by planking on your knees.*

- Begin in a pushup position.
- Lower both your forearms to the ground so your elbows are underneath your shoulders.
- Curl your toes under and engage your abs by pulling your belly button toward your spine.
- Straighten your body but keep your neck and spine neutral.
- Flex your abdominals and squeeze your glutes.
- Hold this position. Your body should make a straight line from your heels to the back of your head.



***Modification:*



Plank Walks ***Modify the exercise by planking on your knees.*

- Begin in a plank position on your forearms.
- Move your left hand to the floor keeping it underneath your shoulder, repeat on the other side until you are on both hands.
- Lower your left forearm to the mat followed by your right returning back to starting position—alternate sides for the allotted time.



Plank w/ Leg Raise ***Modify the exercise by planking on your knees.*

- Begin in your plank position keeping elbows underneath your shoulders.
- From this position, brace your core and lift one foot off the floor using your glutes.
- Alternate switching legs while keeping hips steady.



Plank Punches ***Modify the exercise by planking on your knees.*

- Begin in high plank position on your hands.
- Raise your left arm and punch forward, motion is slow and controlled (core is to remain engaged throughout the entire exercise).
- Lower your left arm to the starting position, raise your right arm and punch forward as you did with your left.
- Repeat, alternating between left- and right-arm punches (core is to remain engaged throughout the entire exercise).

