

PLANKTON



This workout is a collection of exercises based on the plank. These exercises will improve your core, arm and shoulder strength as well as test your desire to continue to do planks. You will need some hand-held weights or resistance bands for several of these exercises. You can use pretty much anything that is heavy that you can hold (cans, books, soporific cats, etc.). I hope you like it. Your core muscles are going to love you.

Instructions:

1. Warm-up: Do some sort full body movements to get all of your muscles, tendons and ligaments warmed up.
2. Start at the top, do the prescribed exercise for the listed number of repetitions. I kept the reps low on each exercise since they all use similar muscles.
3. Cool down and stretch out.
4. Post your comments on the Facebook group.

Reps	Exercise
Maximum	Push-ups
10	Scalers
10	Mountain Climbers
10	Rowing Planks
10	Pledge Planks
10	Rolling Ts
10	Honking Planks
10	Kicking Planks
10	Dragging Planks

Options:

To make the plank a little easier, almost all of these exercises can be done from your knees or with your hands on a chair, bench, bed or counter top.

Exercise Descriptions

Push-ups (or Earth Downs) Good, old fashioned push-ups. Trainer Tip: Keep your core strong to keep your butt from sagging through. Modifications: Easier: Put your knees down, put your hands on a curb, bench, or counter top. Harder: Put your feet higher like on a bench or chair.

Scalers: From a plank position, walk your hands and feet laterally (to the left or right) 10 steps. *Trainer Tip:* Move your right foot and left hand at the same time, then your left foot and right hand. This takes some coordination.

Mountain Climbers: In the High Plank position pull your right knee to your chest as tight as possible then return to the plank. Repeat with the left leg. Move your legs as quickly as possible but keep your upper body braced and stable. Do not put your foot down when you have it pulled to your chest. Just pull it up and back as fast as possible like you are running in the pushup position. *Trainer Tip:* Keep a straight line from your shoulders to the foot on the ground. Try to tuck the moving leg under your body without sticking your butt in the air. Modification: Put your hands higher - on a chair or counter top.

Rowing Planks: From the plank position, pick one hand up to your shoulder, then the other. For added intensity, hold a dumbbell in each hand and pick the dumbbell up each time. This is kind of like you are marching in place with your hands... holding weights.

Pledge Planks: From the high push-up position, touch your right hand to your chest (like you are doing The Pledge). Return to plank. Now the left hand. *Trainer Tip:* Work to keep your hips and shoulders level and stable. Don't slosh around.

Rolling Ts: From the high push-up position twist to raise your right hand up to form a sideways T with your body. Pause for a second, then return to the push-up position. That is one rep. Alternate arms. *Trainer Tip:* Keep your abs tight so you don't sag through or stick your butt up. You want a straight line from your shoulders to your heels the whole time. Modification: Your feet apart wider this easier. Feet Closer = Harder. Easier: Put your hands on a curb, bench or post.

Honking Planks (or Plank Lat Pull): If you have resistance bands, this is the time to use them. Attach the band to a low object (leg of a bed, etc.). With the band in your right hand, step back and get into a low (on your forearms) one-arm plank on your left arm with your right arm reaching forward toward the anchor. Hold good plank form and pull the band (like you are honking a truck horn) to your shoulder. That is 1 rep. Do 10 on each side.

Kicking Plank: In a high plank (pushup position), kick one heel up toward the ceiling as high as possible while keeping your leg straight. Alternate. This is great for the glutes.

Dragging Plank: In a high plank, with one weight of some sort behind your left hand, reach over and drag the weight to the right with your right hand. That is one rep. Then drag it back left with your left hand. Keep your core rigid and hips level.