

20-MINUTE **POWER PLANK** —WORKOUT—

Repeat circuit three times; then take two minutes
to stretch back and arms

PLANK MOUNTAIN CLIMBERS

1 minute

Hold plank, and run in place

ELBOW PLANK WITH DONKEY KICK

30 seconds each side

Hold elbow plank, bend one knee, and pulse that heel toward the ceiling

PLANK JUMPING JACKS

1 minute

Return to plank; jump feet apart and then together

UP-DOWN PLANK

1 minute

From plank, lower right elbow, then left; then straighten right arm, then left

SIDE-PLANK LEG LIFT

30 seconds each side

Holding side-elbow plank, lift and lower top leg

TWO-POINT PLANK

30 seconds each side

Return to plank; extend opposite arm and leg, draw knee and elbow together, and then extend