



PLANK PROGRESSION PROGRAM

WEEK 1

TOTAL TIME/
REPETITIONS

<input type="checkbox"/> DAY 1:	Interval :20 on / :20 off 2 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Bear Crawl	6min 20Sec
<input type="checkbox"/> DAY 2:	7 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lower, 10 Futter Kicks	7 minutes 50 Reps/round
<input type="checkbox"/> DAY 3:	Interval :30 on / :20 off 2 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	8min
<input type="checkbox"/> DAY 4:	Complete 2 rounds each exercise	10 Walking Plank, 10 Oblique Heel Touch, 10 Abdominal Crunch, 10 Flutter Kicks	60Reps
<input type="checkbox"/> DAY 5:	8 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	8 minutes 40 Reps/round



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WEEK 2

TOTAL TIME/
REPETITIONS

DAY 1:

**8 Minute AMRAP
(As Many Rounds
As Possible)**

**10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise
(5 each side), 10 Leg Lowers, 10 Flutter Kicks**

**8 minutes
50 Reps/round**

DAY 2:

**Interval :30 on / :20 off
3 Rounds**

Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills

12min10Sec

DAY 3:

**Complete 3 rounds
each exercise**

**10 Walking Plank, 10 Oblique Heel Touch, 10 Abdominal Crunch,
10 Flutter Kicks**

120Reps

DAY 4:

**9 Minute AMRAP
(As Many Rounds
As Possible)**

**4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank,
16 Plank with Hand Raise**

**8 minutes
40 Reps/round**

DAY 5:

**Interval :30 on / :20 off
3 Rounds**

**Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way
Bear Crawl**

9min40Sec



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WEEK 3

TOTAL TIME/
REPETITIONS



DAY 1:

Interval :40 on / :20 off
2 Rounds

Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills

9min40Sec



DAY 2:

Complete 3 rounds
each exercise

12 Walking Plank, 12 Oblique Heel Touch, 12 Abdominal Crunch,
1 Flutter Kicks

144Reps



DAY 3:

10 Minute AMRAP
(As Many Rounds
As Possible)

4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank,
16 Plank with Hand Raise

10 minutes
40 Reps/round



DAY 4:

Interval :30 on / :20 off
3 Rounds

Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Wear
Crawl

12min10ec



DAY 5:

9 Minute AMRAP
(As Many Rounds
As Possible)

10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise
(5 each side), 10 Leg Lowers, 10 Flutter Kicks

9min50Sec



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WEEK 4

**TOTAL TIME/
REPETITIONS**

<input type="checkbox"/> DAY 1:	Complete 2 rounds each exercise	14 Walking Plank, 14 Oblique Heel Touch, 14 Abdominal Crunch, 14 Flutter Kicks	112Reps
<input type="checkbox"/> DAY 2:	11 Minute AMRAP (As Many Rounds As Possible)	4 Prone Superman, 8 Oblique Heel Touch, 12 Side Plank, 16 Plank with Hand Raise	11 minutes 40 Reps/round
<input type="checkbox"/> DAY 3:	Interval :40 on / :10 off 3 Rounds	Mountain Climbers, Plank, Flutter Kicks, Prone Superman, Four Way Bear Crawl	12min20ec
<input type="checkbox"/> DAY 4:	10 Minute AMRAP (As Many Rounds As Possible)	10 Burpees, 10 Abdominal Crunches, 10 Plank with Hand Raise (5 each side), 10 Leg Lowers, 10 Flutter Kicks	10 minutes 50 Reps/round
<input type="checkbox"/> DAY 5:	Interval :40 on / :10 off 3 Rounds	Toe Touch, V-ups, Plank with Hand Raise, Oblique Heel Touch, Windmills	12min20Sec