

Fit Bit Friday 127

The Powered Up Plank Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: Do each of the moves in this circuit, one immediately following the next. When you get to the end, rest 1-2 minutes and repeat the circuit 2 more times. If your shoulders or wrists get too tired at any time, sit back in child's pose for 10-15 seconds, then carry on. The flutterkicks on your back are inserted to give your wrists and shoulders a bit of a break, but they'll still keep your core fired up.

Exercise	Time
T-Plank with Push-Ups - In high plank, do a push-up. Rotate on to the side of your right foot and reach your left (top) arm straight up to the ceiling so your body forms a T. Return to high plank and do another push-up, this time rotating to your other side and lifting the opposite hand. Continue alternating until you've done all reps.	10 each side
Flutterkicks - Roll over on to your back and place hands flat on the floor under your hips. Lift feet about 3 inches off the ground and keeping legs straight, do little, fast flutter kicks.	30s
Inchworm Walk-Outs - Stand up with feet a few inches apart and bend at your hips. Reach fingers down to toes and walk your hands out in front of you until you're in high plank. Then walk them back to your toes. Continue for all reps.	10
Flutterkicks	30s
Sliding Plank Jacks - Get into high plank with a dish towel under each foot. Keeping upper body strong, slide your toes out and back in as if doing floor jacks.	20
Flutterkicks	30s
Sliding Mountain Climbers - Keeping the towels under your toes, perform mountain climbers, alternating sliding your feet in and out towards your hands.	20
Flutterkicks	30s
Clockface Plank - In high plank pose, lift your right arm and left foot so that they are extended fully (12:00 and 6:00), parallel to the ground. From this position, angle them outward slightly to 1:00 and 7:00. Lower back to high plank and do the same on the other side, except this time to 11:00 and 5:00. Continue alternating.	10 each side
Recover for 1-2 mins, then repeat 2-3 more times.	
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