

Advanced Core Exercises:

Plank and Side Plank Progressions

Plank/Side Plank

Modified plank - knees down



Plank/Side Plank

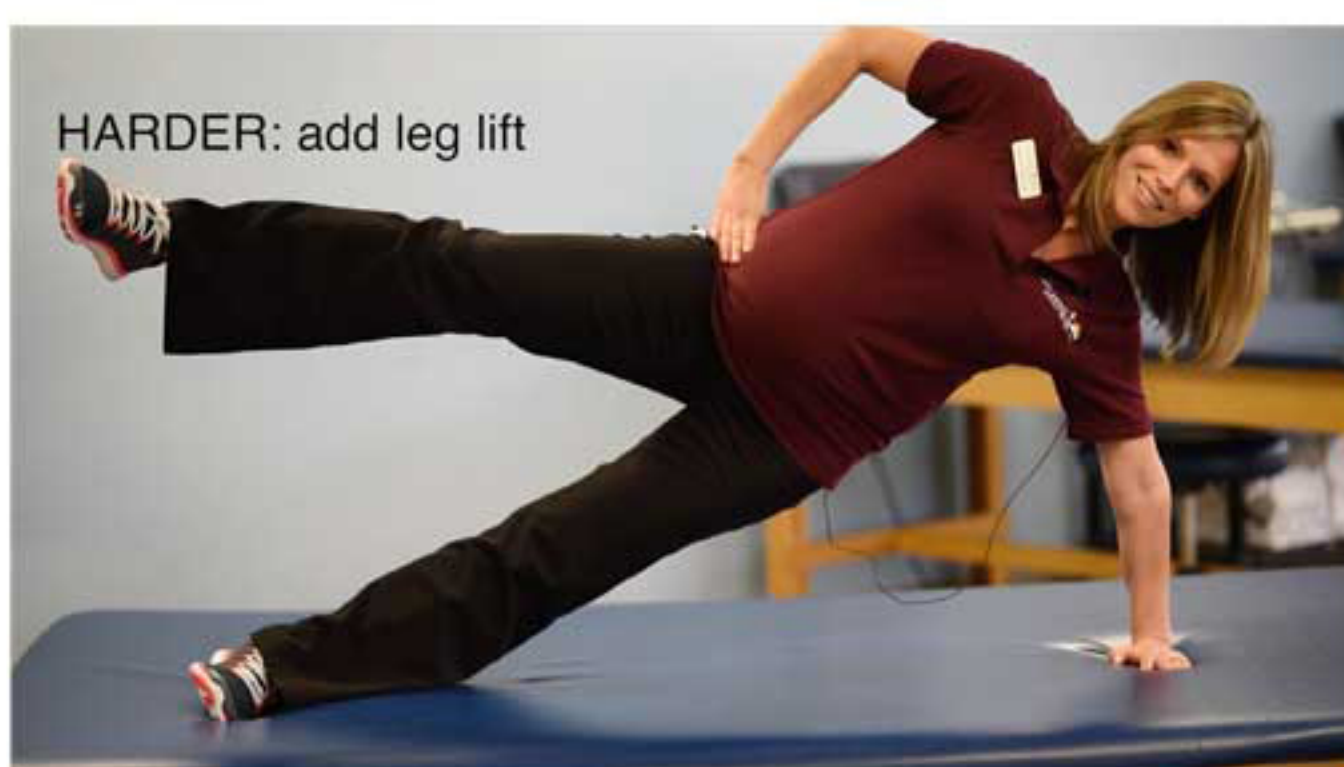


Plank/Side Plank

Harder: Plank, elbows on ball



HARDER: add leg lift



Plank/Side Plank

Modified side plank



Plank/Side Plank

Modified side plank
HARDER: add leg lift

