

# PLANK



ARMS  
CORE  
LEGS

## Bench Plank

Intensity: **Easy**

### Instructions:

- Lean on a sturdy platform (bench, chair, etc.) that is approximately knee-high
- Keep arms and body straight throughout the exercise



## Bent-Knee Plank

Intensity: **Intermediate**

### Instructions:

- Same as above with knees on the floor



## Regular Plank

Intensity: **Hard**

### Instructions:

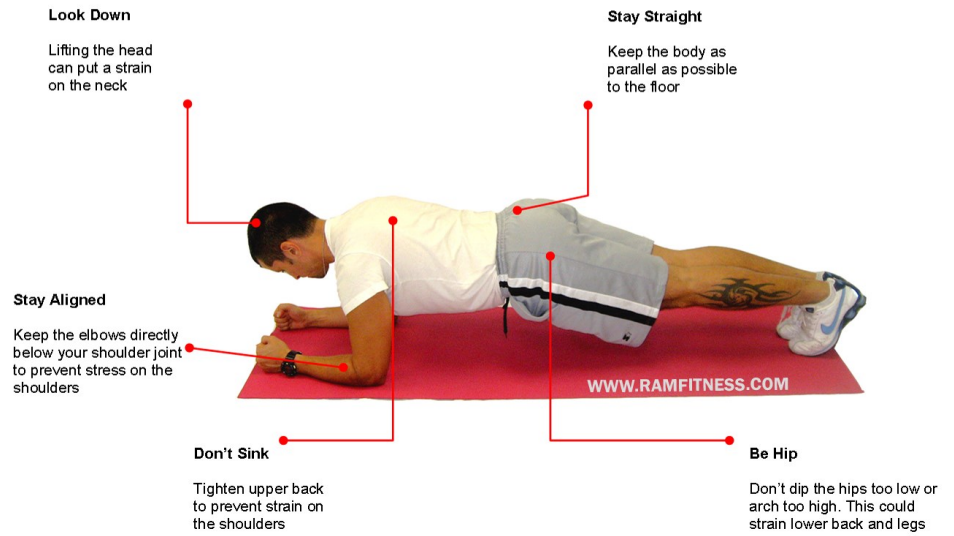
- Same as above with elbows bent and body straight and parallel to the floor



# 8-Week Plank Plan

**BONUS!** Try the below 8-week plan to build your plank stamina (and a great-looking core too!)

**Important:** Take at least 1 day break in between the below training days.



Week #	Number or Days	Exercise	Duration (in seconds)	Sets
<b>Week 1</b>	Day 1	Bench Plank	30	2
	Day 2	Bench Plank	30	2
<b>Week 2</b>	Day 1	Bench Plank	40	2
	Day 2	Bent-Knee Plank	20	2
	Day 3	Bench Plank	50	2
<b>Week 3</b>	Day 1	Bench Plank	60	3
	Day 2	Bent-Knee Plank	30	3
	Day 3	Regular Plank	15	2
<b>Week 4</b>	Day 1	Bench Plank	75	3
	Day 2	Regular Plank	30	2
<b>Week 5</b>	Day 1	Bench Plank	90	3
	Day 2	Bent-Knee Plank	60	3
	Day 3	Regular Plank	40	2
<b>Week 6</b>	Day 1	Bench Plank	120	3
	Day 2	Regular Plank	50	2
<b>Week 7</b>	Day 1	Bench Plank	150	3
	Day 2	Regular Plank	60	3
<b>Week 8</b>	Day 1	Bench Plank	180	3
	Day 2	Regular Plank	75	2