

July 12, 2014

Written by Andrea
Friday, 11 July 2014 20:30 -



Advanced

Max plank hold

30 squats

30 plank walks

30 squats

30 dumbbell shoulder press #25

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Intermediate

Max plank hold

20 squats

20 plank walks

20 squats

20 dumbbell shoulder press #15

Beginner

Max plank hold

15 squats

15 plank walks

15 squats

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15 dumbbell shoulder press #10

Plank walk: Get into a plank position. Move your right hand and right foot to the right. Bring your left hand and left foot to the right so you are back in a plank, = 1 walk. Continue in this fashion until you have gone the required number of walks.