

Gauntlet Plank Workout

This core workout includes 11 different types of planks to challenge your core strength and stability. Hold each plank for 30sec – 1min and do 1-2 sets of this routine.



Pushup Plank

In a prone position, prop your weight on your hands and toes. Keep a straight line from your head to your feet and brace your abs to maintain a neutral position.



Side Arm Raise

In the Pushup Plank position, raise your left arm to the side of your body so it is parallel to the ground and perpendicular to your torso. Hold for two seconds and return to the starting position. Repeat on the opposite side.



Front Arm Raise

In the Pushup Plank position, raise your left arm so it's parallel to the ground. Hold for two seconds and return to the starting position. Repeat on the right side. Maintain a neutral spine position for the duration of the exercise.



Forearm Plank

In a prone position, prop your weight on your forearms and toes. Keep a straight line from your head to your feet and brace your abs to maintain a neutral position.

STRENGTH RUNNING



Pushup Plank Shuffle

In the Pushup Plank position, take two steps to the left and then two steps to the right. Alternate with your left arm and right leg and then your right arm and left leg.



Forearm to Pushup Plank

Begin in the Pushup Plank position and carefully lower yourself to the Forearm Plank position. Alternate positions for the duration of the exercise.



Spiderman Plank

In the Pushup Plank position, bring your left knee to your left elbow and hold it for about two seconds. Return to the starting position and repeat with your right leg.



Alternating Leg Lifts (Pushup Position)

In the Pushup Plank position, raise your left leg about 12-18" off the ground. Hold for two seconds and return to the starting position. Repeat on the opposite side. Ensure good form by maintaining a braced, neutral spine position and activating the glutes to help lift your leg.



Two-Point Plank (Pushup Position)

In the Pushup Plank position, raise your left leg off the ground while lifting your right arm at the same time. Your left leg should be about 12-18" off the ground and your right arm should be parallel to the ground. Hold for about 2 seconds and then return to the starting position. Repeat with the opposite leg and arm.

STRENGTH RUNNING



Alternating Leg Lifts (Forearm Position)

In the Forearm Plank position, raise your left leg about 12-18" off the ground. Hold for two seconds and return to the starting position. Repeat on the opposite side. Ensure good form by maintaining a braced, neutral spine position and activating the glutes to help lift your leg.



Two-Point Plank (Forearm Position)

In the Forearm Plank position, raise your left leg off the ground while lifting your right arm at the same time. Your left leg should be about 12-18" off the ground and your right arm should be parallel to the ground. Hold for about 2 seconds and then return to the starting position. Repeat with the opposite leg and arm.