

20-Minute Plank Challenge

Warmup

Do 3 minutes of light cardio and 2 minutes of active stretching for shoulders, arms, and wrists.

Round 1

Hold each plank for 30 seconds.

Round 2

Hold each plank for 45 seconds.

1. Plank



2. Elbow Plank



3. Calf Rocks Into Small Hops



4. Trunk Twist



5. Reverse Plank



Round 3

Perform each plank for 45 seconds, resting for up to 15 seconds between moves if needed.

1.
Elbow Plank With Side Tap



2.
Plank With Shoulder Tap



3.
Side Elbow Plank With Twist on Right



4.
Side Elbow Plank With Twist on Left



5.
Spiderman Plank (aka Creepy Crawler)



Cooldown

Stretch your back, chest, shoulders, and wrists.