

**PLANK IT OUT level I****Playlist: Fit Beat***WARM UP PHASE (seated in hero)*

Shoulder circles  
 Elbow circles  
 Arm circles  
 Hinged slow paddle 30secs  
 :|| 3X

Plank > slow motion mt. Climber 15secs, fast 30secs  
 Cat/cow  
 Plank slow motion jacks 15secs, fast 30secs  
 Tabletop> thread the needle

*EFFORT PHASE*

Plank > downdog 10x  
 Squats 10x  
 Right shin taps 10x  
 Right lunges 10x  
 Simple burpee 30secs  
 :||Repeat both sides 2x

Pushups 10x  
 Belly surfer paddle 30 secs  
 Tricep pushups 10x  
 Belly surfer paddle 30 secs  
 Pushup combo 5x regular 5 tricep  
 Belly surfer paddle 30secs

Modified side plank > right side leg lifts 10x  
 Toe dips 10x  
 Heel drags 10x  
 Plank rocks 30secs  
 :|| Both sides 2x

Boat in/outs 15secs  
 Russian twists 15secs  
 Starfish > boat 15secs  
 Flutter kicks 15 secs high, 15secs low  
 :|| With arms

*COOL DOWN PHASE (on back)*

Reclined cobbler presses 20x  
 Figure 4 bridge presses 10x  
 :||Cobbler presses 20x  
 :||Fig 4 bridge presses other side 10x

Supine twist both sides  
 Happy baby  
 Savasana

