

PLANK CHALLENGE

FOREARM PLANK	FOREARM SIDE PLANK	EXTENDED ARM PLANK	EXTENDED ARM SIDE PLANK	SHOULDER TAPS	PLANK UP-DOWNS	SPIDER LUNGE W/ REACH
FOREARM PLANK IN & OUTS PLANK JACKS	FOREARM SIDE PLANK HIP DIPS	E.A. PLANK IN & OUTS PLANK JACKS	EXTENDED ARM SIDE ROTATION	E.A. PLANK KNEE TO CHEST KICK-OUT	E.A. PLANK OPPOSITE KNEE TO ELBOW	SPIDER-MAN PLANK
FOREARM PLANK SIDE PLANK	E.A. PLANK SIDE PLANK	SHOULDER TAPS UP-DOWNS	BEAR HOLD	EXTENDED ARM SIDE ROTATION PLANK-JACKS	E.A. PLANK SAME KNEE TO OPPOSITE KNEE COMBO	PUSH-UPS
PLANK JACKS UP-DOWNS PIKE JUMPS	HIP DIPS SHOULDER TAPS	PLANK WALKOUT SHIN TAPS	PLANK WITH ALTERNATING LEG LIFT	SIDE PLANK W/ CRUNCH	PLANK WITH ALTERNATING ARM REACH	WALKING PLANK
SIDE PLANK W/ LEG LIFT	REVERSE PLANK	TAG ME EACH DAY IN YOUR PLANK! @FLYHI_FITNESS				