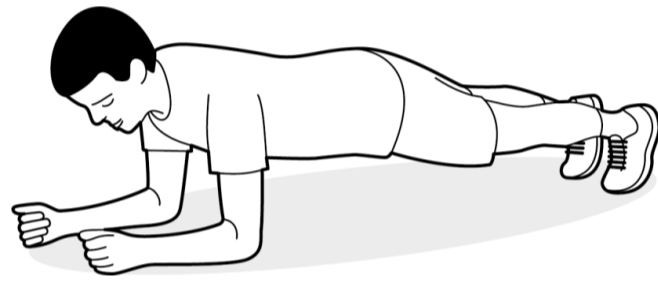


# Home HIIT Workout: Core

## Plank Variation Workout

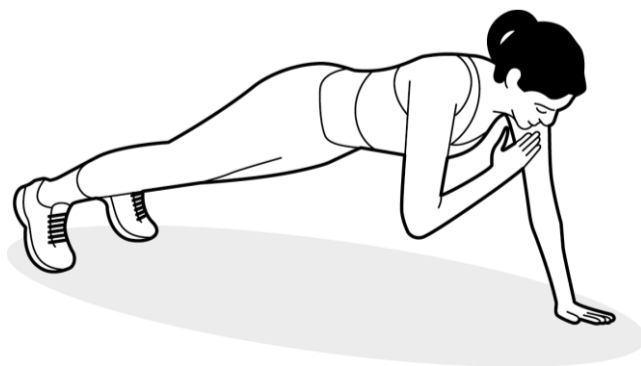
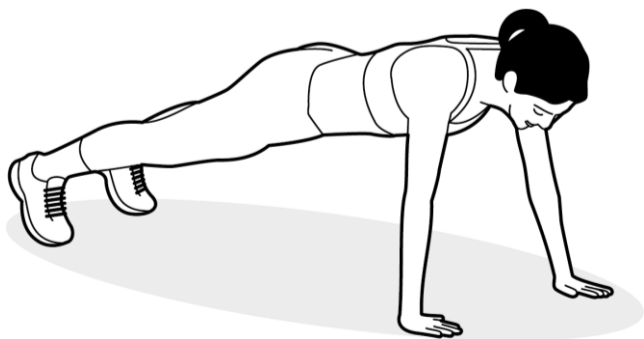
### Forearm Plank

1. The most basic form of a plank.
2. Resting on forearms distributes weight
3. make sure your body forms a straight line from heel to shoulder
4. Try to hold for 60 seconds



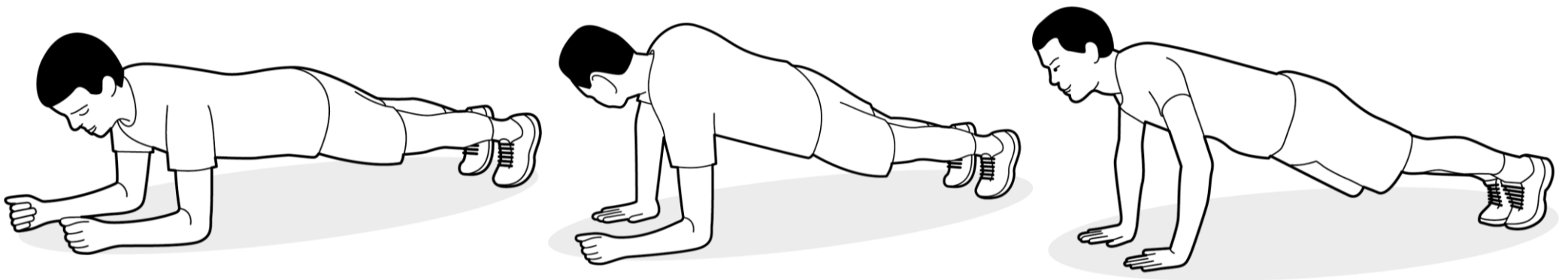
### Plank with Shoulder Tap

1. Start in a high plank with your palms flat on the floor, hands shoulder-width apart, and shoulders stacked directly above your wrists.
2. Lift your right hand up and tap your left shoulder, put it back on the ground, then lift your left hand up and tap your right shoulder.
3. Always keep your core and glutes engaged and try to keep your hips as still as possible.
4. Repeat this as many times as you can in 40 seconds, rest for 20 seconds, then repeat 3 times.



## Up Down Plank

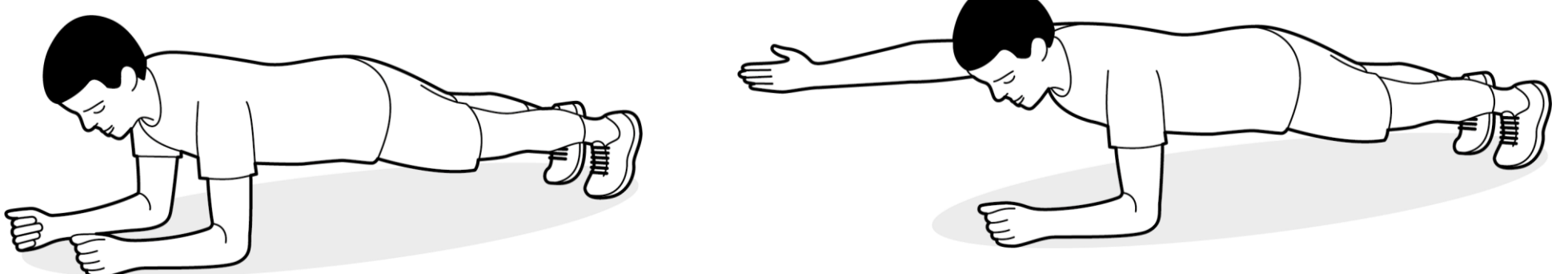
1. Start in low plank position, resting on your forearms on the floor.
2. Push up on your right hand, with your palm flat on the floor directly under your shoulder, repeat with the left hand. Until you are in a high plank position.
3. Repeat this as many times as you can in 40 sections, alternating the hand you push up with first. Rest for 20 seconds, then repeat 3 times.
4. Keep your core engaged and your hips as still as possible.



## Reach Plank

1. Tough on shoulders as well as your abs
2. Start in a basic forearm plank
3. lift one arm forward directly out in front of you
4. Bring it back then repeat with the other arm.
5. Repeat this as many times as you can in 40 sections, alternating the arm. Rest for 20 seconds, then repeat 3 times.

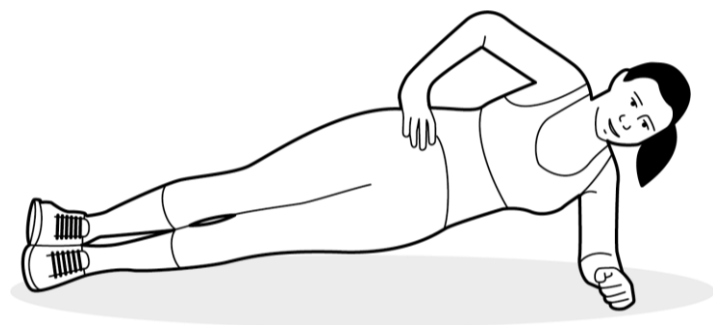
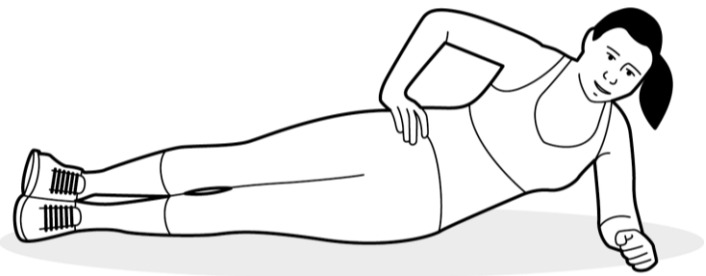
**MAKE IT TOUGHER** - If this is easy, use a dumbbell



## Side Plank

Targets oblique muscles (your side abdominal muscles)

1. Position your body in a line with your right side toward the floor and your right hand directly underneath your right shoulder. Extend your legs and stack your left foot on top of your right, engaging your core and squeezing your glutes to lift your hips off the floor.
2. Extend your left hand straight up toward the ceiling.
3. Hold here for 20 seconds, then swap sides. Rest for 20 seconds, then repeat 3 times.



**MAKE IT TOUGHER** – Raise your right left leg whilst raising your right arm for a tougher challenge, repeat on the left side too!

