

Plank Matrix

20 Second Plank

20 Second Side Plank

20 Second Reverse Plank

20 Second (Other) Side Plank

20 Second Australian Crawl

20 Second Lower Body Crawl

For Plank Matrix Plus, increase all to 30 seconds and add the following:

Plank With Arm Extension (5 each arm)

Side Plank With Reach Through (5 each side)

Reverse Plank With Leg Lift (5 each leg)

Plank Forward and Back (x 10)

For Plank Matrix Ultra, increase first group to 45 seconds and increase the 5 reps in the second group to 8