



Plank a Palooza

Side Plank

Start on your side with your feet together and your left arm straight on the ground. Your right shoulder should be pointing towards the ceiling or sky. Bring your pelvis off the ground so that your body is in a straight line. Hold this position for 30-60 seconds. Return to a relaxed position and recover for 30-60 seconds. Repeat 5-10 times while alternating your foundation arm between left and right.

For an additional challenge, lift your top leg up towards the ceiling while keeping your leg straight. Repeat several times while holding the position for the above duration.



BOSU Ball Sit

Place the BOSU ball with the flat base on the ground. Sit on the BOSU dome with your feet in front of you, legs slightly bent, and your feet together. Lift your hands up over your head and balance for 30-60 seconds. Return to a relaxed position and recover for 30-60 seconds. Repeat 5-10 times.



For an additional challenge, place a medicine ball under your heels and balance.

Plank with Leg Lift

Assume the plank position by placing your hands on the ground in line with your shoulders and with your feet close together behind you. Raise one leg off the ground until it is parallel with the ground. Return it to the start position and raise the other leg. Hold this position (while raising each leg) for 30-60 seconds. Return to a relaxed position and recover for 30-60 seconds. Repeat 5-10 times.



BOSU Plank BOSU (or Double BOSU)

Turn a BOSU ball upside down so the rigid flat deck is facing the ceiling. Assume the plank position by placing your hands on either edge of the BOSU with your feet close together behind you. Hold this position for 30-60 seconds. Return to a relaxed position and recover for 30-60 seconds. Repeat 5-10 times.



For an additional challenge, take a second BOSU right side up and place your feet on the Ball and then perform the above plank.