

Plank Variations

Planks are one of the best core exercises that require no equipment. If you're tired of doing "the same old plank", try these variations:

Side Plank

Progression: Raise one leg for repetitions or hold leg up for time

Spiderman Plank

Shoulder Taps

Toe Taps

Reverse Plank

Walking Plank

Arms Extended Plank

Single Arm Plank (on forearm or hand)

Plank Jacks

Hip Dips

Plank Drag (instead of dragging a weight plate, use a book)

Elevated Plank (use small stool, chair, or coffee table)