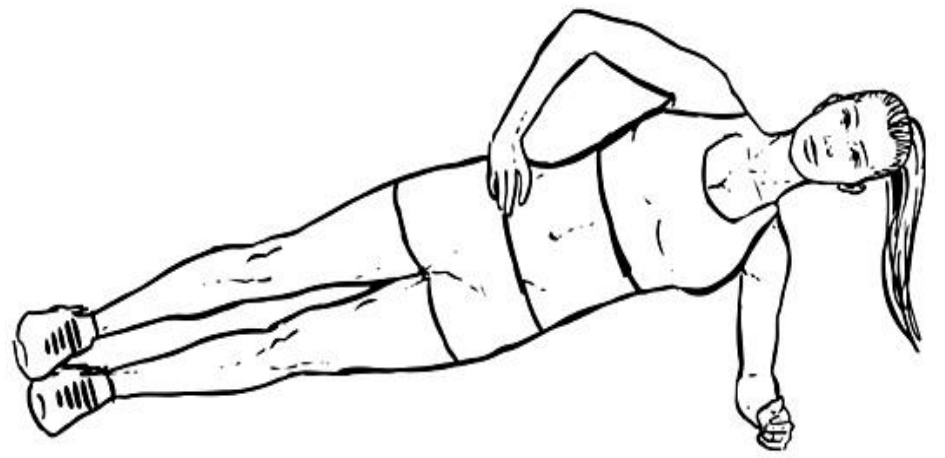


# Station #1 Plank Progressions

Standard/Beginner ↓



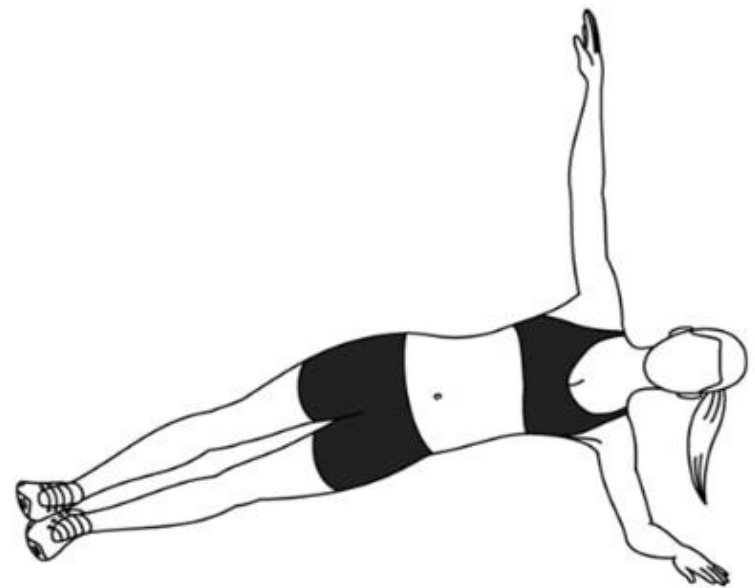
Advanced ↓



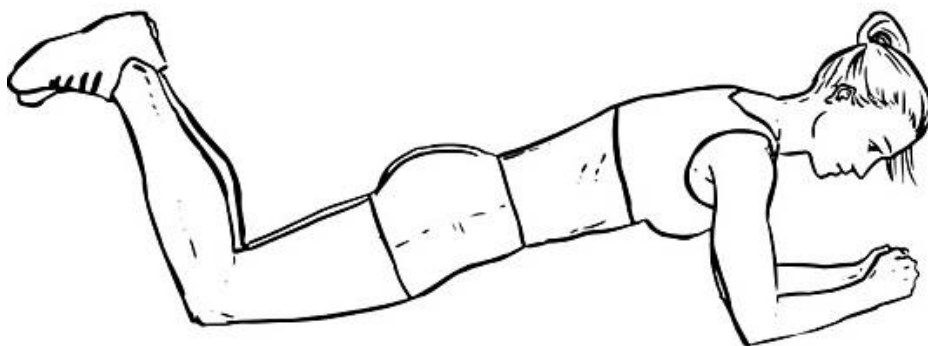
Wall Plank



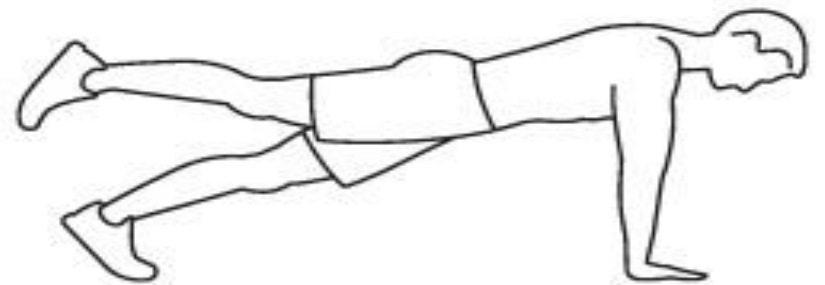
Side Plank



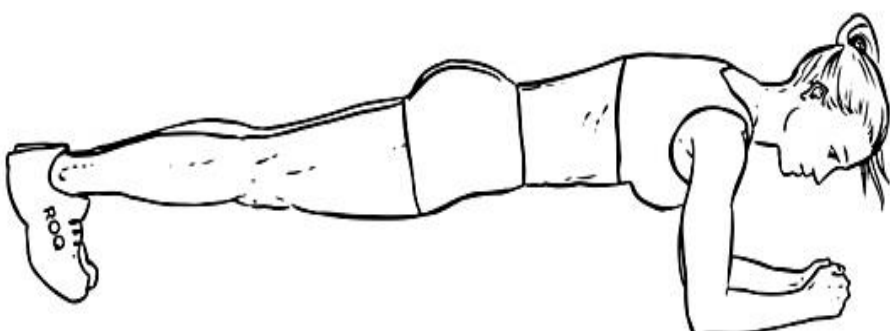
Side Wall Plank



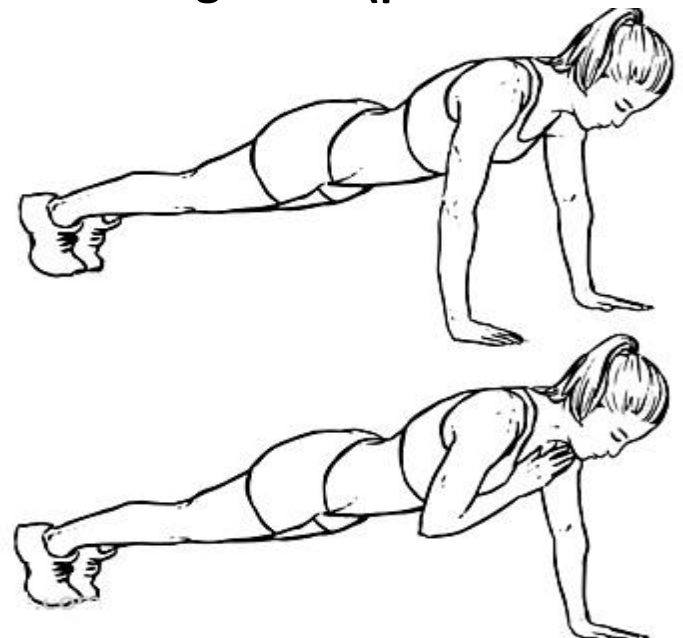
Side Plank with Arm Raise



Modified Floor Plank



Plank with Leg Raise (palms or elbows)



Standard Floor Plank

Plank with Shoulder Touch/Hold