

# Plank Minute Drills for Super Abs

1



Hold a Plank

3



Mountain Climbers



5



Side plank w/  
Twist

2

Hip - Touchdowns



4



In/Out Plank  
Jumps

## Drill #3

Complete exercises 2-5 and write down how many you get done in 1 minute. Pick your favorite cardio move (jacks for me) and complete 1 minute of it. Then go through each of the exercises 2-5 again and TRY YOUR BEST TO REACH THE NUMBER YOU WROTE DOWN. After you are done complete 1 minute plank (exercise 1) and do the entire thing 5 more times each try to reach the number of reps you wrote down.

## Drill # 2

Complete exercises 2 – 5 for a total of 5 minutes each but in between each minute hold the plank (exercise 1) for 30 seconds. Example: Complete hip-touchdowns (exercise 2) for 1 minute then hold a plank for 30 seconds. Complete hip-touchdowns again for another 1 minute and hold a plank for 30 seconds. Repeat this until you complete 5 minutes of hip-touchdowns then go to each of the other exercises and do the same 5 minute drills with 30 planks in between.

## Drill # 1

Hold the plank (exercise 1) for 1 minute. Attempt to complete each of the remaining exercises for 1 minute without stopping.