

PLANK AND POWER

Equipment Needed: Workout Mat

You'll start by doing a 1 minute plank. You'll then complete 5 exercises and finish by running a lap or up a couple of flights of stairs. Put it on repeat and drop the push-ups by 2 and ADD a lap or a flight or stairs. Set a timer for 30 minutes and see how many rounds you can get through.

Duration: 30 minutes

Workout:

- 1 Minute Plank
- 20 Squats
- 30 Shoulder Taps
- 40 High Knees
- 30 Lunges
- 20 Push-ups
- Lap or Stair Run

Repeat for 30 minutes

