

1

**PLANK TO PIKE**

(A) Start in a forearm-plank position, feet hip-width apart, elbows shoulder-width apart and directly under shoulders. Form a straight line from shoulders to heels. (B) Keeping legs straight and heels elevated, contract abdominals to lift hips and slowly drag the gliders in toward chest, stopping before knees bend. Lower hips back to plank slowly, keeping abdominals engaged. Repeat for two minutes.



This workout utilizes core gliders—disks that provide a smooth sliding surface. They're inexpensive and available on Amazon; you could also use small towels on smooth flooring instead.

2

**PLANK EXTENSION**

(A) Start with knees on gliders behind hips and elbows shoulder-width apart and directly under shoulders. (B) Keeping hips slightly elevated and stationary, rock shoulders behind elbows, knees gliding on gliders. Bring shoulders back over elbows. Repeat for two minutes.



REPEAT THIS ENTIRE WORKOUT TWICE—YOU'LL BE DONE IN UNDER 45 MINUTES.



3

**PLANK CRUNCH**

(A) Start in a high-plank position with feet on gliders and knees slightly bent. (B) Bend the knees further, rounding the lower spine, to pull them in toward the elbows. Slowly straighten the legs to return to plank position. Repeat for two minutes.

4

**STRAIGHT-ARM CRUNCH SERIES**

**Starting Position, Parts I–III:** (A) Keep back flat against the floor, bend knees, and lift legs to tabletop and arms to ceiling. **Part I:** (B) Slowly lower legs toward the floor and arms toward thighs, stopping before back arches. Bring legs and arms back to starting position. Repeat for one minute. **Part II:** Keeping back flat against the floor, slowly lower legs; keep arms extended to ceiling. While lifting legs back to starting position, lower arms toward hips. Lift arms back up when extending legs. Repeat for one minute. **Part III:** Lower legs toward the floor and arms toward thighs. Lift and lower the legs from the right to left in a semicircle, or rainbow-shaped, movement, then back to the opposite side. Repeat for one minute.

