

# WORKOUT LOG

Online Video Workout - Ab Blast 3 - Fun with Planks

**Focus:** Focus on body weight movements to strengthen core.  
Coronavirus edition!

**Date:** 3/22/2020

**Duration:** 20 mins/30 mins

**Warm Up:** 5

	Exercise	Reps/Time	Rest	Sets	Duration	Notes
<b>CW</b>	Arm Circles	30 secs	0	2	5	Small to big circles. Front and back.
	Cross Body Reach	30 secs				Gentle and easy to loosen back and shoulders.
	Squats	30 secs				Feet slightly wider than hips. Press hips back into squat.
	Crunches	30 secs				Sit up pos. Crunch shoulders off floor.
	Bridge Pulse	30 secs				Sit up pos. Lift hips high, lower to just above floor, repeat.

**Work Out:** 24

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>C1</b>	Plank	45 secs	30	2	12	Forearm or full push up position center plank.
	Plank Hip Dip	45 secs				FA or full plank position. Lower hips to side. Return. Repeat opp side.
	Plank Left Leg Lift	45 secs				FA or full plank position. Lift left leg. Hold.
	Plank Right Leg Lift	45 secs				FA or full plank position. Lift right leg. Hold.
	Plank Knee to Elbow	45 secs				Full plank position. Crunch right leg to right elbow. Repeat opp side.
<b>C2</b>	Side Plank - L	45 secs	30	2	12	Forearm or full side plank to left.
	Side Plank Dips - L	45 secs				Forearm or full side plank to right.
	Side Plank - R	45 secs				FA or full side plank to left. Lower hips, return, repeat.
	Side Plank Dips - R	45 secs				FA or full side plank to right. Lower hips, return, repeat.
	Plank	45 secs				Forearm or full push up position center plank.

**Cool Down/Stretching:** 5.5

	Exercise	Reps	Rest	Sets	Duration	Notes
<b>1</b>	Bridge	15 secs	15 secs	2	1	Lift in bridge to counter stretch core.
<b>2</b>	Lying Rotational	15 secs ea side	15 secs	2	1.5	Lie in situp pos. Gentle lower knees to one side. Switch.
<b>3</b>	Downward Dog	30 secs	15 secs	2	1.5	Gentley stretch calves/hamstrings as feels good.
<b>4</b>	Child's Pose	30 secs	15 secs	2	1.5	Don't short the stretches.