

>> BECOME A PLANK MASTER <<

S	M	T	W	T	F	S
					01	02
03	04	05	06	07	08	09
DURING WORKOUT: the perfect plank						
10	11	12	13	14	15	16
HOME ROUTINE: 10x plank knee floor - 10x plank shoulder tap - 10x each side hip dip side plank - 20 sec reversed plank						
17	18	19	20	21	22	23
HOME ROUTINE: 10x mountain climber slow - 10x tap feet small wide - 10x hip dip normal plank - 10x side rotation						
24	25	26	27	28	29	30
HOME ROUTINE: 10x each side side plank crunch - 10x superman plank - 20x jump into plank - 20x walking plank						
31						

MARCH



MOM IN BALANCE