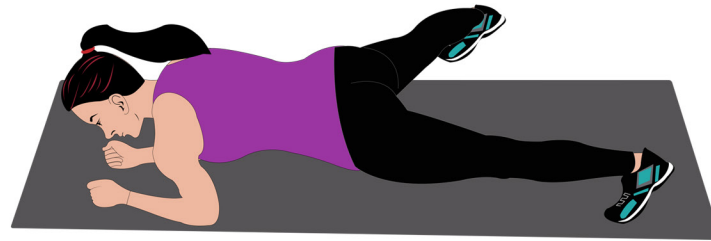
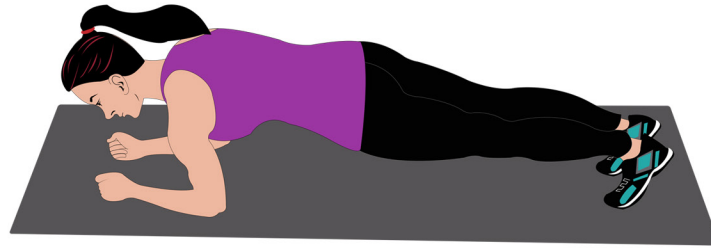




PENDULUM PLANK



HOW TO DO IT:

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Bring right foot out to the side in a pendulum motion about 2 feet from original position.
- 3 In an explosive motion, jump right foot back to starting position as you simultaneously jump left leg to the side. (both feet will be in the air for a split second before landing in their new positions).
- 4 Next, jump left foot back to starting position as your simultaneously jump right foot out to the side.
- 5 Repeat this pendulum motion until time is called.

make it easier:

Remove explosive element and simply step one foot out to side, return to center, then move other foot out to side.

make it harder:

Increase pace of pendulum motion.