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STATION 1

PLANK ARM RAISES

The Goal:

Battle MODIFIED CORN STARCH with a set of 20 Plank Arm Raises.



The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- Alternating arms, stretch one arm out in front of you and keep your head up, eyes forward and your knees straight.
- Each time you stretch out an arm is 1 repetition.
- Complete 20 repetitions and then move to the next station.

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STATION 2: PLANK LEG RAISES



The Goal:

Battle XANTHAN GUM with a set of 10 Plank Leg Raises.

The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- Alternating legs, lift one leg off the floor 3 to 6 inches. Keep your head up, eyes forward and your knees straight.
- Each time you lift a leg is 1 repetition.
- Complete 10 repetitions and then move to the next station.

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STATION 3 PLANK JACKS



The Goal:

Battle MODIFIED COCONUT SYRUP with a set of 25 Plank Jacks.

The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- “Jump” your feet apart and then back together - like a jumping jack. Keep your arms strong and in plank position.
- Each time your feet come back together is 1 repetition.
- Complete 25 repetitions and then move to the next station.

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STATION 4: PLANK MOUNTAIN CLIMBER



The Goal:

Battle FRUCTOSE with a set of 20 Plank Mountain Climbers.

The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- Alternating feet/legs, bring your feet up and down like you're running or climbing while in plank position.
- Each time your feet change position is 1 repetition.
- Complete 20 repetitions and then move to the next station.

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STATION 5: PLANK SHOULDER TAPS



The Goal:

Battle RICE SYRUP with a set of 30 Plank Shoulder Taps.

The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- Alternating arms, bring your hand up to tap your opposite shoulder.
- Each time you tap is 1 repetition.
- Complete 30 repetitions and then move to the next station.

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STATION 6: PLANK WALK-OUTS



The Goal:

Battle MALTOSE with a set of 5 Plank WALK-OUTS.

The Exercise:

- Get in plank position with your hands on the floor under your shoulders.
- Walk your hands back toward your feet and bend at the waist. Walk back as far as you can and then walk forward back into plank position.
- Each time you return to plank position is 1 repetition.
- Complete 5 repetitions and then move to the next station.

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