



## Advanced: 30 minutes

# Live! from Home: Plank Core Strength with Jill

### WARM UP

#### STANDING

- Posture Pose: Take a couple of deep breaths (gratitude)
- Angel Arms x 3
- Side Bed R & L
- Round down to hanging. Rotate R & L. Squat & transition to mat

#### SUPINE

- Use block for chest stretch & hip release
- Core activation. Half backbend & hold with leg lifts. Crunches
- Roll x 3 - Balance on 3rd. Transition to kneeling
- **BPP – Kneeling**
- Pike Warm Up

### WORKOUT

- Pike - Plank - Shift Forward - Back to Pike x 6
- Plank hold - Open Side to Side x 3 each way - Plank Hold – Pike
- Plank Reach - 3 each side. Plank Jacks x 3. Pike
- Walk Hands Back into Hanging. Lift to Flat back, fold, reverse swan dive
- Angel Arms, Interlace fingers & stretch up then side to side, fwd, up.
- BPP – Arrow
- Flow back to Pike, Plank, Forearm Plank. Forearm Pike
- Forearm Pike - Forearm Plank - Shift Forward - Back to Forearm Pike x 6
- Forearm Plank Hold - Open side to side x 3 each way - Forearm Plank - Hold - Forearm Pike
- Forearm Plank Reach x 3 each side. Forearm Plank Crunches x 3
- Hold Forearm Plank - Push back up to Plank - 3 push ups - Pike – Elevated Chest Lift x 3

#### STANDING

- Step to Lunge II - Reverse Lunge II - Side Reach - Lunge II - Angle - Airplane - Revolved Angle - Airplane - Angle. Lift to Center and Repeat Other Side

#### SEATED

- Forward Fold
- Lift through to Upward Plank

### WIND DOWN

- Long Hold with Meditation — Reclined inner thigh stretch with or without block
- Full Body Stretch
- Half Backbend use block for Hip Release
- Knees to Chest, Hip release, HS Stretch
- Final Twist each side - Knees to Chest