

Bodyweight Plank Variations

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Different Plank variations for Beginners

[1. High Plank](#)

[2. Incline plank](#)

[3. Kneeling plank](#)

[4. Reverse Plank](#)

[5. Reverse plank leg raise](#)

[6. Crouch hover plank](#)

Different Plank Types for intermediate

[7. Rocking plank](#)

[8. Forearm Front Plank](#)

[9. Forearm Side plank](#)

[10. Side Plank Hip Raise](#)

[11. Side Plank Leg Raise](#)

[12. Reverse Plank Hip Raise](#)

[13. Swiss ball Plank](#)

Advanced Plank Exercises

[14. Knee To Outside Elbow Plank](#)

[15. Extended Plank](#)

[16. Knee to inside elbow plank](#)

[17. Decline Plank](#)

[18. Single-leg Modified plank](#)

[19. Stability Ball Side Plank](#)

[20. Bird dog plank](#)

[21. Single Arm Modified Plank](#)

[22. Moving Plank](#)

[23. Push-ups to Plank](#)

Plank Exercise Routine

Here I'll share some plank exercise routines for different fitness levels, such as beginner, intermediate, and pro. So, depending on your fitness level, you can do one of them.

Plank Exercise Routine for Beginners

Monday

- High Plank – 30 seconds x 2
- Incline plank – 30 seconds x 2
- Knee Plank – 30 seconds x 2

Wednesday

- Reverse Plank – 20 seconds x 2
- Reverse plank leg raises -20 seconds x 2
- Crouch hover plank – 30 seconds x 2

Friday

- Forearm plank – 30 seconds x 2
- Side Elbow plank – 20 seconds x 2
- Side Plank Hip Raise – 20 seconds x 2

Plank Workout Routine for Intermediate

Day 1

- Forearm plank – 60 seconds x 2
- Side Elbow plank – 30 seconds x 2
- Rocking plank – 60 seconds x 2

Day 2

- Side Plank Hip Raise – 30 seconds x 2
- Extended Pank – 60 seconds x 2
- Side Plank Leg Raise – 30 seconds x 2
- Swiss ball Plank – 60 seconds x 2

Day 3

- Forearm plank – 60 seconds x 2
- Side plank – 30 seconds x 2
- Knee To Outside Elbow Plank – 45 seconds x 2
- Knee to Inside Elbow Plank – 45 seconds x 2

Day 4

- Extended Plank – 60 seconds x 2
- Single-leg plank – 45 seconds
- Single-arm plank – 45 seconds
- Swiss ball Plank – 60 seconds x 2
- Stability Ball Side Plank -30 seconds x 2

Advanced Plank Workout Routine

Day 1

- Forearm Plank – 2 minutes x 2
- Knee To Outside Elbow Plank – 60 seconds x 2
- Extended Plank – 90 seconds x 2
- Knee to Inside Elbow Plank – 90 seconds x 2

Day 2

- Decline Plank – 90 seconds x 2
- Single Arm Plank – 60 seconds x 2
- Single-Leg Plank – 60 seconds x 2
- Stability Ball Side Plank – 2 minutes x 2

Day 3

- Bird Dog Plank – 60 seconds on each side
- Push-ups to Plank – 60 seconds x 2
- TRX Plank – 60 seconds x 2
- Reverse Plank Hip Raise – 45 seconds x 2

Day 4

- Forearm Plank – 2 minutes x 2
- Knee To Outside Elbow Plank – 60 seconds x 2
- Extended Plank – 90 seconds x 2
- Knee to Inside Elbow Plank – 90 seconds x 2

Day 5

- Bird Dog Plank – 60 seconds on each side
- Push-ups to Plank – 60 seconds x 2
- TRX Plank – 60 seconds x 2
- Reverse Plank Hip Raise – 45 seconds x 2

Related Core Exercises:

- [Top 7 Landmine Core Exercises To Sculpt Your Abs](#)
- [Advanced Ab Workout: 10 Best Exercises To Build Solid Core](#)
- [Triset For Abs: The Best Core Workout You've Ever Done](#)
- [Do The Best Ab Workouts At The Gym \(25 Exercises\)](#)
- [Calisthenics Ab Exercises \(The 10 Best Workout\)](#)
- [The Best Isometric Ab exercises to Build Strong Core](#)
- [Pull Up Bar Ab Workout: 10 Best Exercises For Ripped Abs](#)
- [16 Best Cable Machine Ab Workouts For Sturdy Core](#)
- [10-Minute Abs Workout That Requires no Equipment](#)
- [The Best HIIT Core Workout Routine with PDF](#)

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