

**SPIDER
PLANK**

10S RESET IN BETWEEN MOVES

24 ALTERNATING SPIDER DRIVES

15S RIGHT LEG SPIDER HOLD

12 REPS RIGHT LEG SPIDER DRIVES

24 ALTERNATING SPIDER DRIVES

15S LEFT LEG SPIDER HOLD

12 REPS LEFT LEG SPIDER DRIVES

REPEAT THIS SET 3X EVERYDAY!

**BODYWEIGHT, BUT IF YOU WANT TO ADD ANKLE WEIGHTS
THEN YOU HAVE MY BLESSING**

SPIDER PLANK

HOW TO BE SPIDER-MAN PROPERLY

- GET INTO A PROPER PLANK (ON HANDS OR FOREARMS IS PERFECT). NO BUTT SHOW, ZIP IN THE ABS, HEAD LINED UP WITH EYES LOOKING STRAIGHT DOWN. *IF YOU ARE ON FOREARMS PLEASE KEEP YOUR ARMS AT A 90* ANGLE- I AM NOT A FAN OF YOUR HANDS TOUCHING.
- A SPIDER DRIVE IS WHEN YOU TAKE YOUR LEG AND BEND IT UP TO THE CORRESPONDING ELBOW/TRICEP (RIGHT KNEE TO RIGHT ARM) AS FAR AS YOU CAN. EVERYONE'S MOBILITY WILL DIFFER AND THATS OK!
- DO NOT RUSH YOUR REPS, MOVING SLOWLY AND PURPOSEFULLY WILL BE VERY EFFECTIVE!
- WHEN MOVING, TRY NOT TO WIGGLE YOUR HIPS- SQUEEZE THOSE ABS TO KEEP YOU STEADY. I ONLY WANT YOUR LEG MOVING.
- BIG EXHALE ON YOUR WAY IN, NICE INHALE THROUGH THE NOSE ON YOUR WAY OUT.

SEND MESSAGES WITH QUESTIONS!!!