Plank 30 days

30-day training program "Planck": the last cube in the foundation of your enviable torso

30 ... 30 ... 26 ... ~4 ...

We offer you a 30-day training complex consisting of just one exercise. Yes, yes, you did not mistake! Only, but what! A universally effective formative exercise is the plank.

https://play.google.com/store/apps/details?id=

Download from Google Play

Exercising with AbletQ, you get exactly the load established by the author of the number at any stage of training. Your personal trainer in the phone will spend only as much force as necessary to fulfill the tasks set by coach.

Install app AbletQ Fitness Workout Advisor: https://play.google.com/store/apps/details?id=com.ableton.ableton.fitnessadvisor

The content of the program

«30. Тренировка»

Change the level of difficulty | Change the order of exercises | Change the duration of exercises | Add exercise | Delete exercise

Warning! Before the start of training, it is necessary to perform a warm-up exercise. Exercise "Cobra", "Cat", "Cat-cow", "Dog face down", "Dog face up", "Bridge", "Bridge with one leg raised", "Bridge with one leg extended", "Bridge with one leg extended and raised", "Bridge with one leg extended and raised with a bent knee", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip and a bend of the other leg", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip and a bend of the other leg and a rotation of the hip", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip and a bend of the other leg and a rotation of the hip and a bend of the other leg", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip and a bend of the other leg and a rotation of the hip and a bend of the other leg and a rotation of the hip and a bend of the other leg", "Bridge with one leg extended and raised with a bent knee and a rotation of the hip and a bend of the other leg and a rotation of the hip and a bend of the other leg and a rotation of the hip and a bend of the other leg