



Exercise of the Month

Team/Family Fitness: Plankerpillar

Purpose: Spice up your workout with friends while building strength and endurance

Target Muscles: Legs, Core, Shoulders

Equipment Needed: No equipment needed, just 2+ people

Start: Each person lines up in a plank facing the same direction with 1-foot of space between them. Maintain a straight body from shoulders to toes and engage muscles of the core.

Movement: Person at the end stands up from plank and runs behind all team members to the other end, getting back into plank position. As soon as the first person has made it to the other side, the next person follows by running to the other end and resuming plank position. Continue until all participants have had a chance to run to the other side and team is back to the start.

Another Variation: Squaterpillar!

As shown in photo to the right. Complete the same exercise by holding a squat instead of plank!



From Corporate Fitness Works Team Leader, Kerriann Hill