

INDIANS BASEBALL

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LAKE CENTRAL HIGH SCHOOL

8400 WICKER AVENUE, ST. JOHN, IN 46373

LC PLANK WORKOUT

- Regular
- Regular - Flutter Kicks
- Side (left)
- Side (right)
- Push-Up Plank
- Push-Up Plank (touch shoulders)
- Push-Up Plank (mountain climbers)
- Regular w/Spider Man
- Side w/hip raise (left)
- Side w/hip raise (right)
- Side w/leg raise (left)
- Side w/leg raise (right)