

Level Four: Plank

The plank is a progression as we are again increasing the pull of gravity. The core has to stay engaged to prevent the hips from dropping to the floor.

Starting with a half plank (top picture) and progressing down through the examples is a gradual and steady overload as a greater load is placed on the core area.

- Half Plank (top picture)
- Plank (middle picture)
- 3 point Plank (bottom picture)

Teaching Points

- Lie face down on a mat resting the forearms on the floor
- Engage your core
- Push up off the floor raising onto your knees/toes and resting on your elbows
- Keep your back flat and in a straight line between the shoulders, hips and ankles
- Hold for 30+ seconds



Target Muscles

Primary Muscles: obliques, rectus abdominus

Secondary Muscles: erector spinae, latissimus dorsi, hip flexors

Look out for: not keeping head in line with spine, pushing hips up in the air, shoulders, hips, knees and ankles not aligned,