

Functional, Practical, Do it anywhere! (Plank)



Modifications

Description: Start in push up position with your legs fully extended and up on your toes. Keep your knees extended, glutes and core tight limiting movement and increasing contraction. There are many modifications of plank that can cater to different muscle groups, different fitness levels and different fitness goals.

Sets/reps: Start with 3 sets of 30 second repetitions. Keep increasing time as you get stronger

Modifications: There are many modification of plank. Two easier modifications are shown above. The first one is lowering your knees to the floor and the second is resting on your elbows rather than your hands.

Common Mistakes: Arched back, hunched back, dropped bum or raised bum. Always aim for a neutral and linear position. (See picture)

Target Muscles: Abdominals (Rectus Abdominals, Internal Oblique abdominals and external oblique abdominals) Serratus Anterior, Glutes, Erector Spinae muscles.

Energy System: Glycolytic system (Long Term Anaerobic)

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.