

EXERCISE TECHNIQUE - At Home Exercises

PLANK (4 progressions)

Target Body Part: Core

Equipment Required: None

1. Start in a plank position, ensuring that your shoulders are directly over your elbows.
2. Hold this position. Squeeze the glutes, keep the core engaged and keep the shoulders away from your ears (no shrugging).



Examples of progressions with increasing difficulty through the change from plank from the knees (as is shown above) to a bird dog plank.

Plank



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PLANK (4 progressions) cont'd

Alternating Tap Plank



Bird Dog Plank (opposite arm-leg, alternate sides)

