

BASIC MOVEMENTS

Exercise Name

PLANK POSITION

Description

Lie face down on the ground, bend your elbows and rest your weight on the forearms. Both feet are on their tiptoes. Brace your core by contracting your abs like you would slightly pull in your lower belly. That makes your core stabilization muscles work and is essential for lower-back health and peak performance in any sport!

Your body should form a straight line from your shoulders to your ankle (your lower spine can be even a bit round) and your shoulder blades should be flat on your spine.

Common Fault

- Avoid dropping your hips and elevating your shoulders toward your ears.

Please note:

- Let someone watch you: if you lower your spine too much (your hips sag) means that your deep core muscle are too tired to protect your spine any longer. Take a rest before trying again or go back to an easier starting position (kneeling plank).

position 1



position 2



position 3

