

How to do a Plank

Plank



Lie on your stomach on an exercise mat or floor with your elbows close to your sides and directly under your shoulders, palms down and hands facing forward. Contract your core and abdominal muscles to tighten your torso.

Slowly lift your entire torso off the floor or mat, maintaining a stiff torso and legs. Avoid any sagging in your lower back, lifting your hips or bending in the knees. Avoid shrugging your shoulders, and keep your shoulders positioned directly over your elbows with your palms facing down. Hold this position while continuing to breathe and maintain good form.

Notes:

- Consult with your physician before beginning an exercise program.
- If you experience any pain in your lower back, stop the exercise immediately and consult with your doctor.
- Source: <https://www.acefitness.org/>

Modified Plank



Lie on your stomach on an exercise mat or floor with your elbows close to your sides and directly under your shoulders, palms down and fingers facing forward. Contract your abdominal/core muscles.

Once your core is contracted, slowly lift your torso and the upper part of your thighs off the mat, while the knees remain on the floor. Do not allow your lower back to sag or your hips to lift in the air. Your shoulders should remain away from your ears. Hold this position while continuing to breathe and maintain good form.

Try this position before moving into a full plank so you understand the concept of how to engage your core.