

Plank Exercise



Rest your forearms, at shoulder distance apart, on the floor. Before attempting the lifted position, rest your body on the floor. Prepare for the lift by contracting into your deep abdominals. Your knees and feet will stay on the ground, while your hips lift in alignment with your back and head. Maintain holding the deep abdominals inwards throughout the lifted position and carry on breathing. Aim to build up the amount of time of holding strongly into this position. Try 5-10 seconds to start with and build to 20-30 seconds or more. Attempt 2-4 sets per day on the days you perform the exercise



The set-up position is the same as for the Preparation Plank. To prepare curl your toes under and then contract deep abdominals. Lift the whole of your body in alignment so that your head, back, hips and heels are in a line. Maintain holding the deep abdominals inwards throughout the lifted position and carry on breathing. Aim to hold this position for 30secs to start with and then build up to 60seconds or more. Attempt 2-4 sets per day on the days you perform the exercise

Beware of cheating!

Remember to keep your body in a straight line, tightening your abs and butt muscles. You might want to start in front of a mirror to learn the technique.