

PLANK PROGRAM 2023

Side Plank on Knees

REPS: 2 | SETS: 1 | HOLD: 60 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your side with your knees bent, propped up on your forearm. Your elbow should be directly under your shoulder.

MOVEMENT

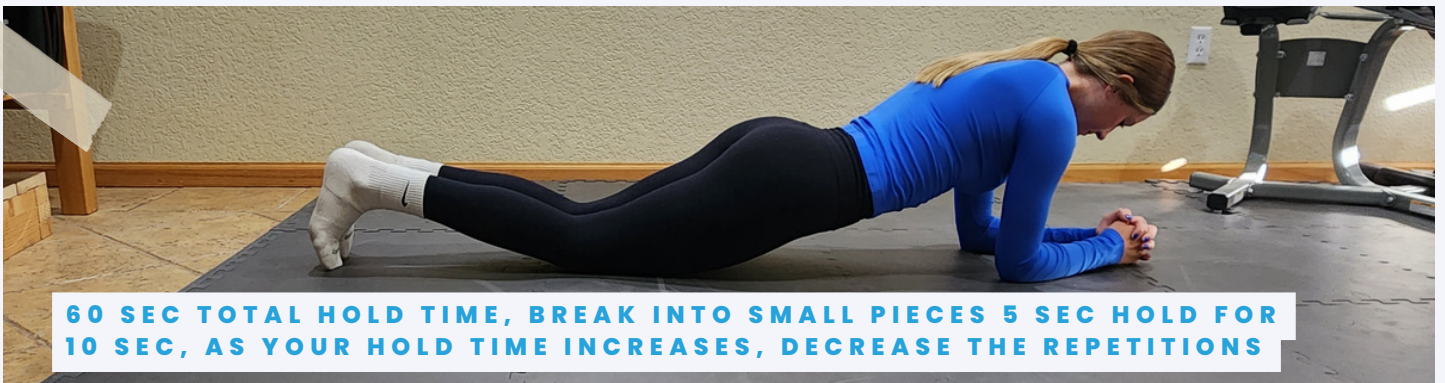
Engage your abdominal muscles and raise your hips up into a side plank position, keeping your knees on the ground. Control your movement and do not elevate above straight. Use your hip to do the work and not your shoulder.

TIP

Make sure to keep your core engaged during the exercise. Do not hold your breath or let your hips roll.

Plank on Knees

REPS: 2 | SETS: 1 | HOLD: 60 SEC | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your front, propped up on your elbows.

MOVEMENT

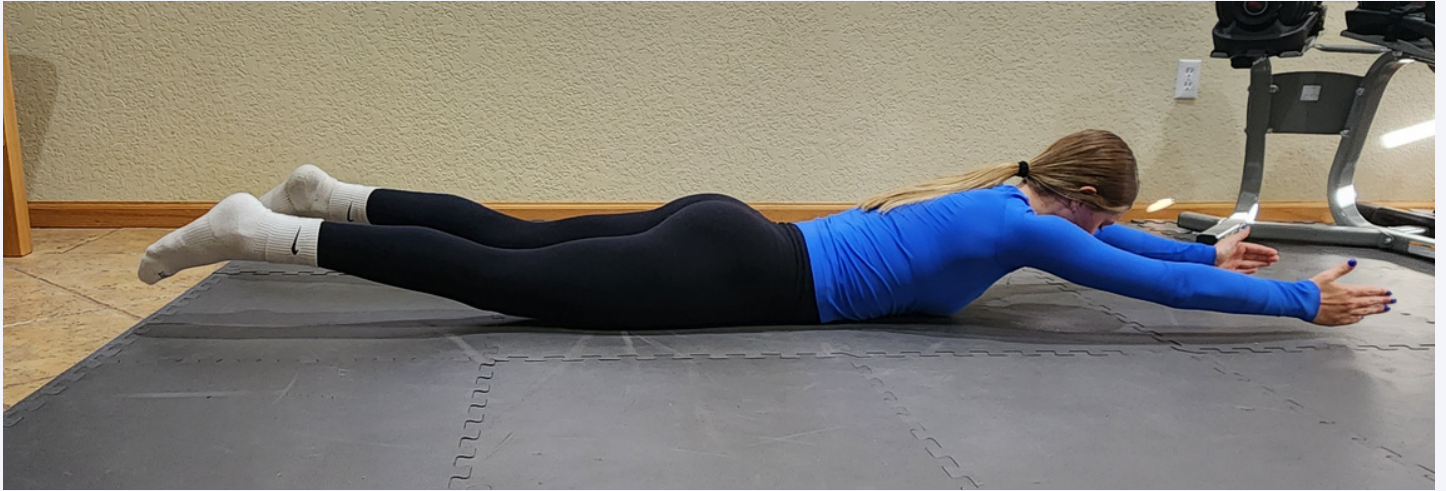
Engage your abdominal muscles and lift your hips up into a plank position without using your back, keeping your elbows directly under your shoulders. Hold this position.

TIP

Make sure to keep your back straight and maintain a neutral neck position. Do not try to pull with your neck or use your hip flexors to hold you up.

Full Superman

REPS: 2 | SETS: 1 | HOLD: 60 | DAILY: 1 | WEEKLY: 5



SETUP

Begin lying on your front on a table with your arms in front of you.

MOVEMENT

Engaging your back and glut muscles, slowly raise your arms, and legs just barely off the surface. Hold as you can, then relax and repeat.

TIP

Make sure to keep your gluts and shoulder blades engaged, don't try to lift higher, just try to hover.