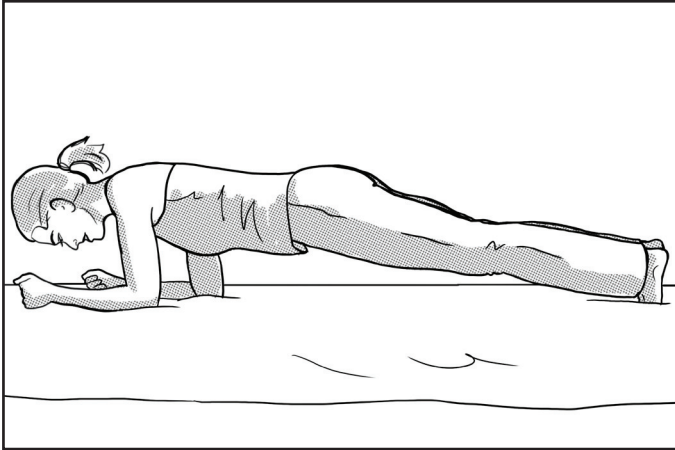


PLANK EXERCISES

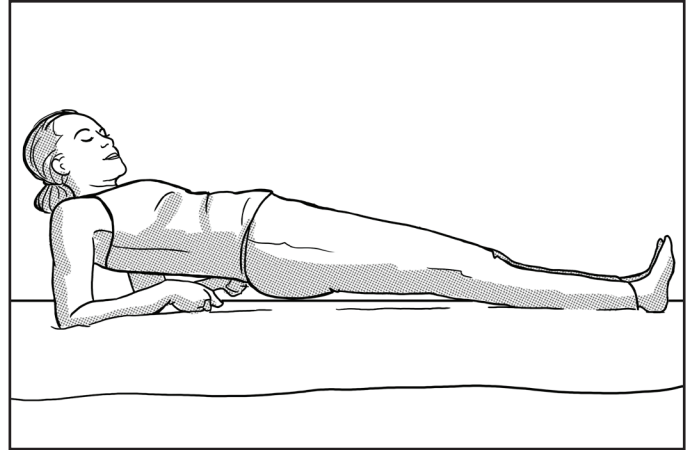
CORE STRENGTHENING

NAME _____ DATE _____ PERFORM _____



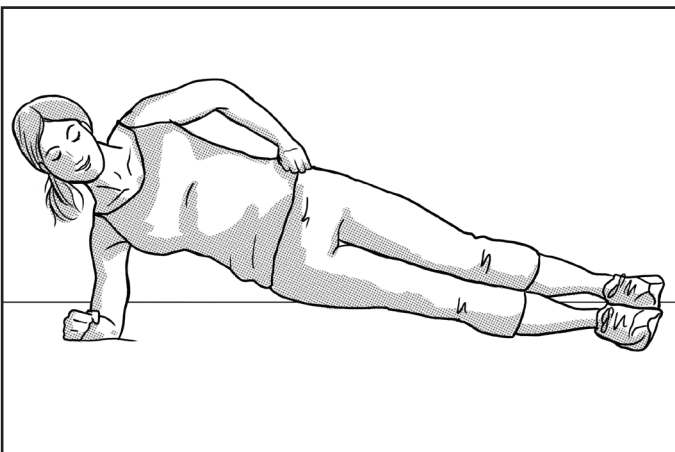
BASIC FRONT PLANK

Face the floor. Place forearms on the floor with toes in contact with the floor. Do not let hips sag. Keep straight (like a board).
Small pulses or hold.
Hold _____ seconds.



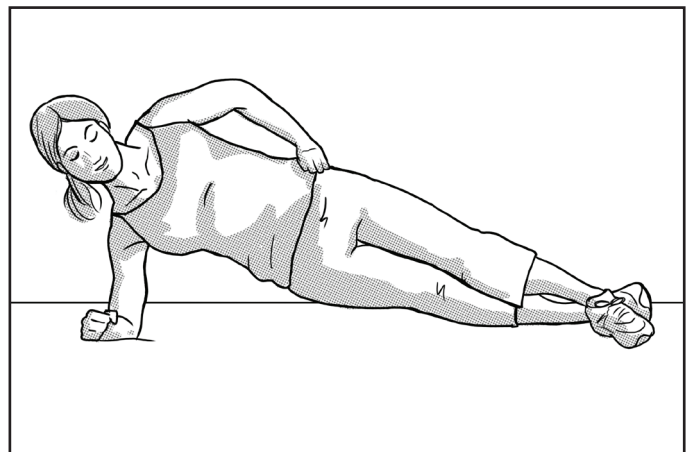
BASIC BACK PLANK

Lie facing up. Place forearms on the floor with heels in contact with the floor. Do not let hips sag. Keep straight (like a board).
Small pulses or hold.
Hold _____ seconds.



SIDE PLANK 1

Lie on side. Place forearm on floor, bottom foot in contact with the floor. Do not let hips sag. Keep straight (like a board).
Small pulses or hold.
Hold _____ seconds.
Repeat on opposite leg.



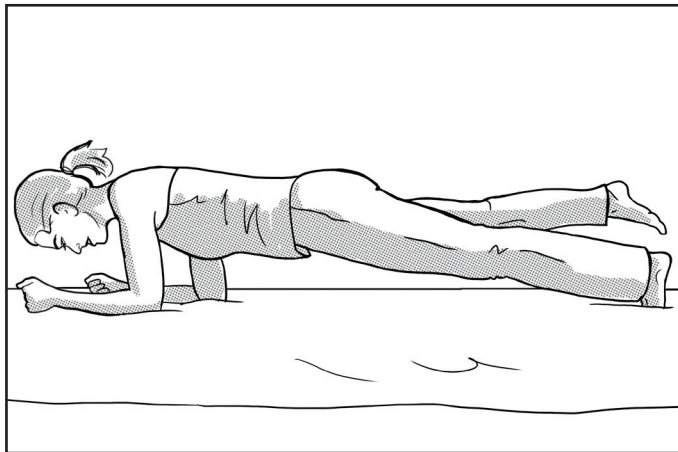
SIDE PLANK 2 (OPPOSITE LEG SIDE PLANK)

Lie on the same side. Place forearm on the floor, but now use the top foot for contact with the floor. Do not let hips sag. Keep straight (like a board). Small pulses or hold.
Hold _____ seconds.
Repeat on opposite leg.

PLANK EXERCISES

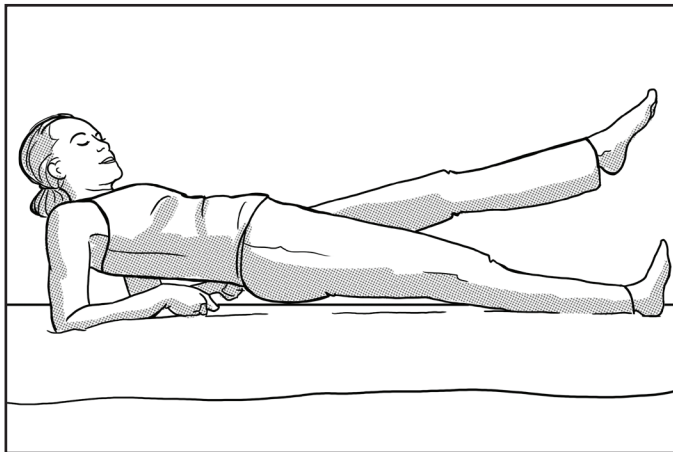
CORE STRENGTHENING

NAME _____ DATE _____ PERFORM _____



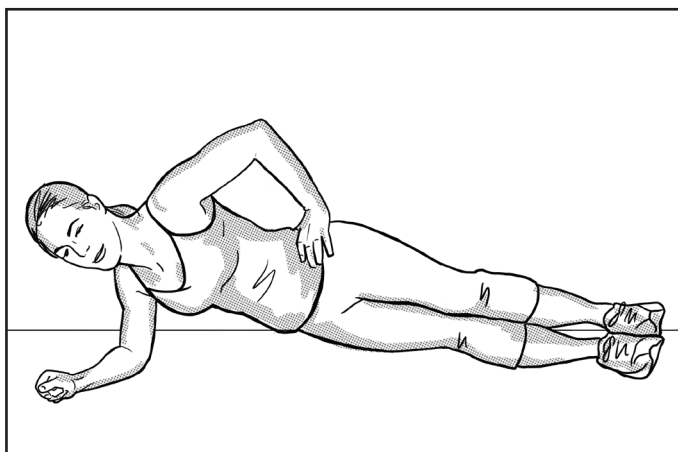
ADVANCED FRONT PLANK

Face the floor. Place forearms on the floor with toes in contact with the floor. Do not let hips sag. Keep straight (like a board). Lift one leg off of floor. Small pulses or hold. Return. Then lift other leg off the floor. Small pulses or hold.
Hold _____ seconds.



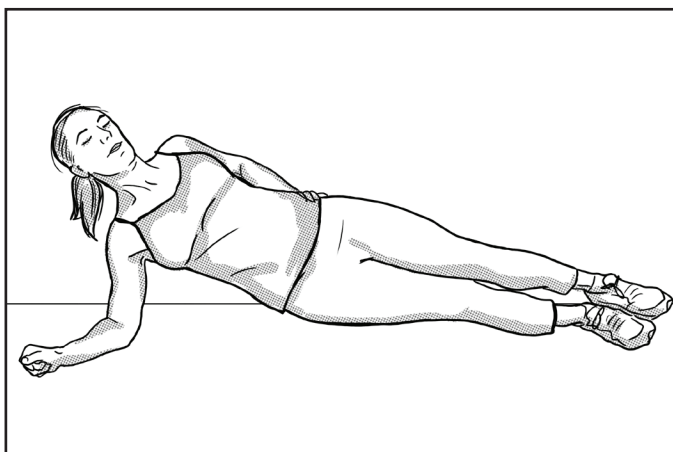
ADVANCED BACK PLANK

Lie facing up. Place forearms on the floor with heels in contact with the floor. Do not let hips sag. Keep straight (like a board). Lift one leg off the floor. Return. Then lift other leg off the floor. Small pulses or hold.
Hold _____ seconds.



ADVANCED STRAIGHT SIDE PLANK WITH FORWARD TILT

Lie on side. Place forearm on floor, bottom foot in contact with the floor. Do not let hips sag. Keep straight (like a board). Rotate trunk forward slightly.
Hold _____ seconds.



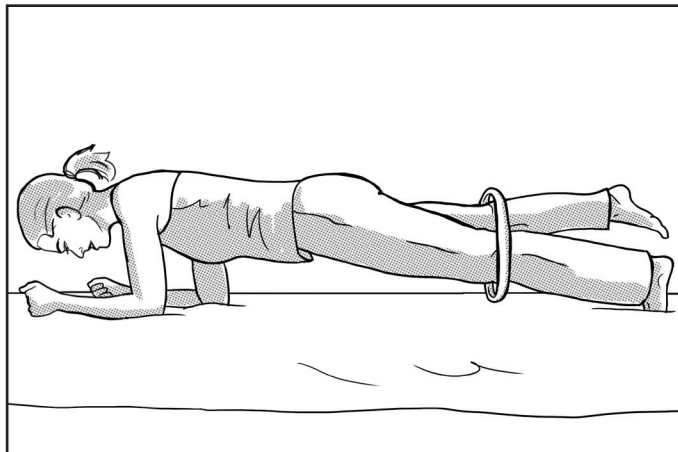
ADVANCED STRAIGHT SIDE PLANK WITH BACKWARD TILT

Lie on side. Place forearm on floor, bottom foot in contact with the floor. Do not let hips sag. Keep straight (like a board). Rotate trunk backward slightly.
Hold _____ seconds.

PLANK EXERCISES

CORE STRENGTHENING

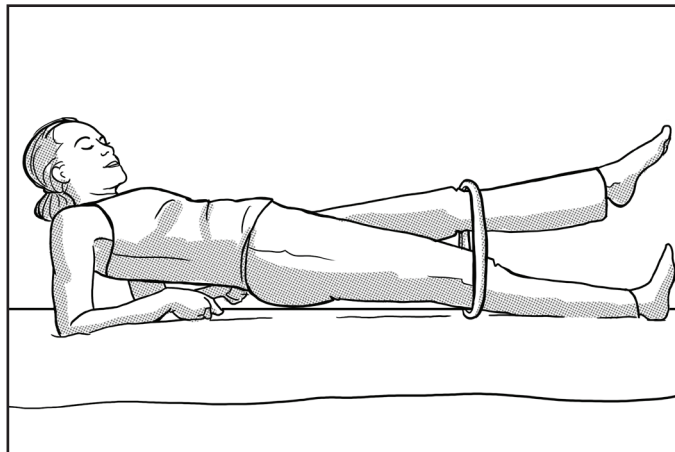
NAME _____ DATE _____ PERFORM _____



ADVANCED FRONT PLANK WITH RING

Put ring around outside of knees. Face the floor. Place forearms on the floor with toes in contact with the floor. Do not let hips sag. Keep straight (like a board). Lift one leg off of floor. Small pulses or hold. Return. Then lift other leg off the floor. Small pulses or hold.

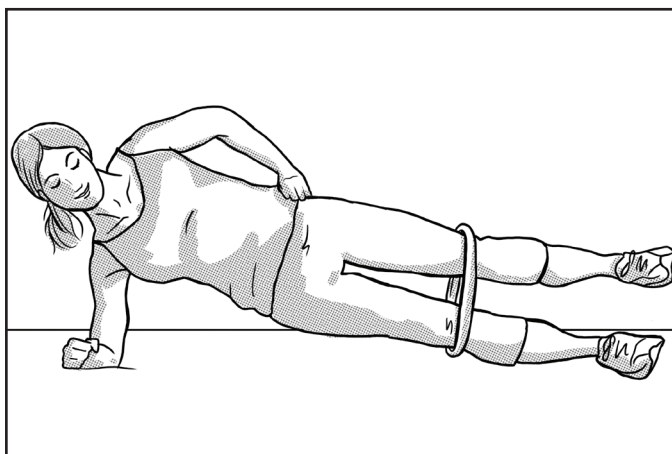
Hold _____ seconds.



ADVANCED BACK PLANK WITH RING

Put ring around outside of the knees. Lie facing up with forearms on the floor. Place forearms on the floor with heels in contact with the floor. Do not let hips sag. Keep straight (like a board). Lift one leg off of floor. Small pulses or hold. Return. Then lift other leg off the floor. Small pulses or hold.

Hold _____ seconds.



ADVANCED SIDE PLANK WITH RING

Put ring around the outside of knees. Lie on side. Place forearm on floor, bottom foot in contact with the floor. Do not let hips sag. Keep straight (like a board). Lift top leg up. Small pulses or hold.

Hold _____ seconds.