

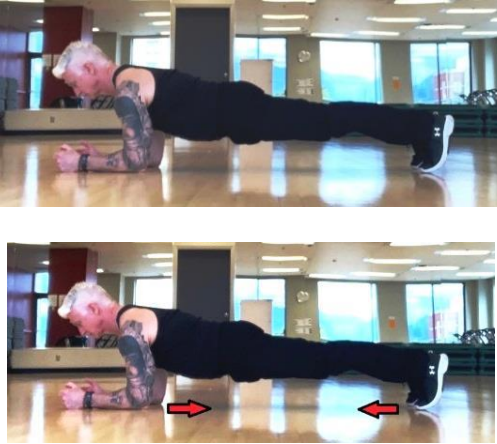

Plank Variations Workout



*** Consult a physician before beginning any new exercise regimen.



If you have conquered the standard plank and can hold it for 60 seconds, try these challenging variations for a complete body workout that taxes the core muscles.


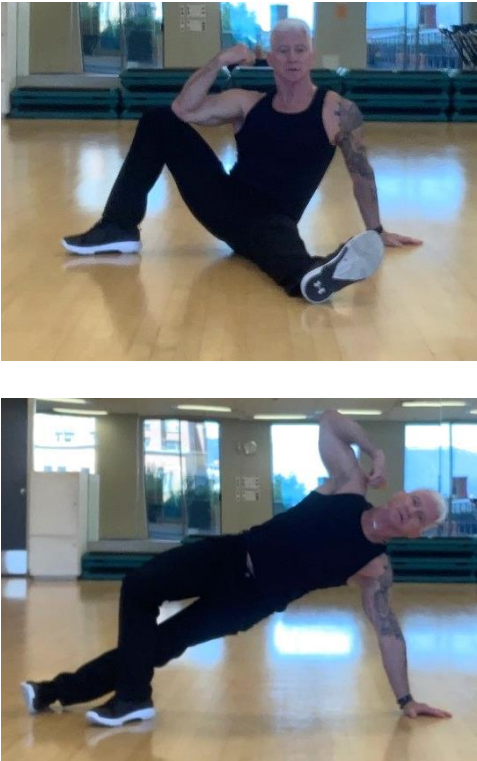
- Do the exercises in the order listed.
- Rest 45-60 seconds between sets.
- Do 2-3 sets of each exercise.

Or choose one or two of these exercises to add to your established workout routine.

Exercise	Images	Instructions
Active plank		<ol style="list-style-type: none"> 1) Take a plank position on the elbows, breathing naturally. 2) Exhale and pull the elbows and the toes together while maintaining the plank. Continue pulling for 4 slow counts. 3) Release the pull and breathe naturally in the plank position for 4 slow counts. 4) Repeat 8 times total. <p><u>Tips:</u></p> <ul style="list-style-type: none"> • This exercise may not move much, but it packs a punch right in the gut. • Keep your breath slow and steady.
Plank with hip extension		<ol style="list-style-type: none"> 1) Take a plank position on the elbows. 2) Lift one leg slowly and return to the floor. 3) Repeat other leg. Continue 16 times total. <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Keep shoulders and hips parallel to the floor. • Keep lifted leg low.

<p>High plank with shoulder reaches</p>		<ol style="list-style-type: none"> 1) Take a high plank or push-up position, breathing naturally. 2) Extend one arm forward, keeping it in line with the shoulder. 3) Now bend the elbow to a right angle so that the arm extends out from the shoulder. 4) Return the arm to the forward position (2), and then back to the high plank position (1). 5) Repeat with the other arm. Continue 8-10 times total. <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Keep shoulders and hips parallel to the floor. • Move the extended arm in a steady and precise manner.
<p>Body saw</p>		<ol style="list-style-type: none"> 1) Take a plank position on the elbows. 2) Rock forward on the elbows, releasing the ankles (plantarflexion). 3) Rock back on the elbows, allowing the ankles to flex (dorsiflexion) 4) Repeat for 10 times total. <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Maintain core engagement throughout.

<p>Extended plank with row</p>		<ol style="list-style-type: none"> 1) Take a high plank or push-up position, breathing naturally. 2) Pull one arm back with a bent elbow to execute row, squeezing between the shoulder blades. 3) Slowly swing bent arm forward. 4) Swing arm back again to the row (2). 5) Return the arm to the high plank position (1). 6) Repeat with other arm. Continue for 12 times total. <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Keep shoulders and hips parallel to the floor. • Remember to squeeze shoulder blades together in the row position (2).
<p>Push-up*</p> <p>*A push-up is simply an extended plank that moves</p>		<ol style="list-style-type: none"> 1) Take a high plank position. 2) Inhale and bend the elbows to 90 degrees; chest should be just below the elbows. To alleviate any stress on the shoulders, let the elbows go slightly back. The muscles between the shoulder blades should be taut. 3) Exhale while pushing through the palms until the elbows are extended. 4) Repeat 10+ times or until muscles are fatigued. <p><u>Tip:</u></p> <ul style="list-style-type: none"> • Keep core engaged throughout exercise.

<p>Side Plank Dips</p>		<ol style="list-style-type: none"> 1) Take a side plank position with the right arm directly below the shoulder and the forearm flat on the floor. Your feet should be stacked on each other. Free hand is placed on the hip. 2) Inhale and slowly lower the right hip to the floor. 3) Exhale and push hips back to the starting position. 4) Repeat 8-10 times total on right side, then turn and repeat 8-10 times on left side. <p>Tip:</p> <ul style="list-style-type: none"> • Keep the body in a straight line from the head to the ankles at start position. • Maintain a slow pace when doing this exercise.
<p>Side plank leg thread</p>		<ol style="list-style-type: none"> 1) Sit on floor, right leg bent with foot flat on floor and left leg extended. Place elbow of right arm on right knee. This is the start position. Now inhale slowly. 2) Exhale and push hips up while threading left leg behind right leg into a side plank position. Right elbow should lift so that bent arm extends out from shoulders. Shoulders must remain square. 3) Inhale and slowly return to start position. 4) Repeat 8-10 times total. Then execute on other side 8-10 times. <p>Tip:</p> <ul style="list-style-type: none"> • Move carefully throughout the exercise. • Keep the latissimus muscle engaged on the up position (2). The latissimus muscles are the muscles that give width to the back.