

Plank complex

Perform a front plank for 10-30 seconds, then immediately, without letting your knees touch the floor, roll into a side plank for 10-30 seconds then into a side plank on the other side of the body for 10-30 seconds. Repeat immediately if possible.

Front Plank

Position your body flat on the floor with only your toes and forearms resting on the floor. Ensure your shoulders are directly over your elbows. Contract your abdominals to keep your hips off the floor with your neck in line with your spine and legs straight. Don't allow your hips to sag.



Side Plank

Lie on the floor on the right side with legs straight, and feet stacked on top of each other. Prop the torso up on the right forearm with the elbow directly under the right shoulder. Ensure that the left shoulder is directly over top of the right. Engage the abdominals to keep the body rigid. Raise the hips off the floor creating a straight line from ankles to shoulders.

