



10 Second Planks

According to research the plank is one of the MOST EFFECTIVE exercises you can do! The plank mandates all your muscles to contract for long periods of time, enabling your core muscles to protect the spine with longer endurance. In this video I will demonstrate 3 amazing plank exercises, the classic plank, the side plank and the reverse plank. Additional variations are also included for an advanced version of these exercises.

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Exercise 1 - Perfect Plank Positions

Classic Plank Position



If you want to test your perfect plank position, use a dowel. Place the dowel laying from head to back to buttocks, centered. The dowel should be touching all 3 body parts when in raised position!

- 1 - Lay facing down on a flat surface.
- 2 - Support yourself on your elbows.
- 3 - Ensure your elbows are directly under your shoulder blades.
- 4 - Support yourself on your toes.
- 5 - Push your body up to form a straight line.
- 6 - Don't sag your shoulder blades.
- 7 - Don't drop your hips too low.
- 8 - Don't tilt your head up.
- 9 - Hold the position for required time.

Side Plank Position



- 1 - Lay side ways on a flat surface.
- 2 - Support yourself on your elbow.
- 3 - Ensure your elbow is directly under your shoulder.
- 4 - Legs straight with knees, ankles and feet inline, one on top of the other. Push your body up to form a straight line.
- 5 - Don't raise your hips too high.
- 6 - Hold the position for the required time.



Reverse Plan Position



- 1 - Lay facing up on a flat surface.
- 2 - Support yourself on your hands placed behind you palms down.
- 3 - Ensure your hands is directly under your shoulders.
- 4 - Legs straight supported by your heels.
- 5 - Push your body up to form a straight line.
- 6 - Don't raise your hips too high.
- 7 - Don't sag your buttocks.
- 8 - Hold the position for the required time.



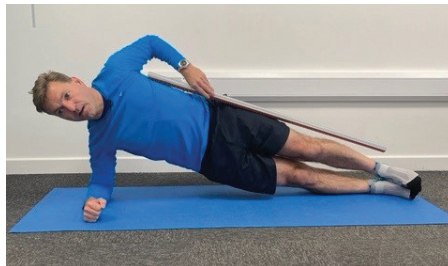
Exercise 2 - Descending Pyramid Planks Routine

Using the perfect plank positions demonstrated above, begin the pyramid sequence.



1. Classic Plank

Hold for 10 seconds.



2. Side Plank Right Side

Hold for 10 seconds.



3. Side Plank Left Side

Hold for 10 seconds.



4. Reverse Plank

Hold for 10 seconds.

5. Repeat

Repeat x5 / Rest for 30 seconds

Repeat x4 / Rest for 30 seconds

Repeat x3 / Rest for 30 seconds

Repeat x 2 / Rest for 30 seconds

Repeat x1 / Rest for 30 seconds



Exercise 3 - Advanced Plank Variations



Dynamic - This variation requires you to rotate your hips in a circular motion while holding the plank position for the time given.



Leg Raise - This variation requires you to raise your leg while holding the plank position for time given. Complete for both legs.



Arm Raise - This variation requires you to raise your arm outstretched while holding the plank position for time given. Complete for both arms.



Combined Leg & Arm Raise - This variation requires you to raise your arm outstretched and your leg raised while holding the plank position for time given. Complete for both arms & legs on opposite sides of the body.



Exercise 4 - Side Plank Variations



Bend Leg Raise Up & Down - This variation requires you to bend your leg at the knee, then raise the bent leg up and down while holding the plank position for time given. Complete for both legs.



Straight Leg - This variation requires you to keep your leg straight raising the leg up and down, like a scissor action, while holding the plank position for time given. Complete for both legs.



Elbow To Knee Crunch - This variation requires you to bend your leg at the knee and your arm at the elbow. Pull both in to almost touch and return to beginning position, holding the plank position for time given. Complete for both sides of the body.



Exercise 5 - Reverse Side Plank Variations



Side Step - This variation requires you to side step while holding the plank position for time given, side step left from initial position and back again, using your heel to support your leg. Complete for both legs.



Raise Legs Alternating - This variation requires you to raise a leg while holding the plank position for time given, raise your leg from initial position and back down again, using your heel to support your leg. Complete for each leg.



Scan to watch
the video



Link to video:

<https://m.youtube.com/watch?v=IP6jpAgpPTo&feature=youtu.be>

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