

PLANK INTERMEDIATE

START



- Plant your hands on the mat directly under your shoulders and slightly more than shoulder width apart
- Bend your elbows 90° directly beneath your shoulders
- Ground your toes on the mat with legs fully extended
- Squeeze the glutes to stabilise your body
- You should be in straight line from your head to your heels

MUSCLES TARGETED

ABDOMINALS, OBLIQUES, QUADRICEPS, HAMSTRINGS, GLUTES AND TRAPS

- This exercise builds strength and flexibility of all the targeted muscles especially around your core area

NOTE

Correct form is essential to maximize the effectiveness of this exercise therefore avoid the following bad habits:

1. *Not focusing on fully contracting abdominal muscles*
2. *Arching and rounding the back*
3. *Lifting the butt up too high*
4. *Keeping the head up*