SINGLE LEG PLANK ADVANCED

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

POSITION 1

- Slowly lift one foot off the floor as high as feels comfortable
- Keep weight on forearms and toe
- Keep hips parallel to the floor
- Do not lock or hyperextend your knees
- Neutralise the neck and spine by looking at a spot on the floor slightly beyond your hands

POSITION 2

- Lower the foot down to the floor in a controlled manner
- Resume the plank position
- Your head should remain in line with your back
- Keep your back flat and feel your abs being engaged

END

- Slowly lift the other foot off the floor
- Keep core engaged by imagining pulling your belly button towards your spine
- Do not dip the hips
- Repeat the sequence in a slow and controlled manner maintaining the correct form

MUSCLES TARGETED

ABDOMINALS, OBLIQUES, QUADRICEPS, HAMSTRINGS, GLUTES AND TRAPS

- This exercise builds strength and flexibility of all the targeted muscles especially around the shoulders, hamstrings and 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*