

Week 5 Exercise

PLANK EXERCISE

The plank exercise ranked number 10 in the ACE study and is a great way to build endurance in both the abs and back, as well as the stabilizer muscles.



Step 1. Lie face down on mat resting on the forearms, palms flat on the floor.

Step 2. Push off the floor, raising up onto toes and resting on the elbows.

Step 3. Keep your back flat, in a straight line from head to heels.

Step 4. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.

Step 5. Hold for 20 to 60 seconds, lower and repeat for 3-5 reps

CHALLENGE YOURSELF

BOSU PLANK WITH DOME



BOSU PLANK RAISES

