

Plank: Level 1

Why we do it:

Balance and core strength.
Learn to create tension throughout the body and supports proper standing posture.

Functional Benefit:

Stability
Mobility



Start on all fours, balancing your feet on your toes.



Sit back towards your heels, keeping your arms stretched in front of you.

Remember to keep your hands slightly wider than your shoulders, with fingers facing forwards.



Come up and push your hips toward the floor, keeping your arms extended in front of you. Repeat.

Plank: Level 2

Why we do it:

Balance and core strength.
Learn to create tension throughout the body and supports proper standing posture.

Functional Benefit:

Stability
Mobility



Start on all fours, balancing your feet on your toes.



Repeat the stretch and drop your elbows to the floor, bringing your hands together in front of you.



Shift your weight over your elbows, extending your legs behind you. Engage your core and balance of your toes

Your body should make a straight line down your spine through to your feet.

Drop your knees and return to the stretch, extending your arms in front of you.

Plank: Level 3

Why we do it:

Balance and core strength.
Learn to create tension throughout the body and supports proper standing posture.

Functional Benefit:

Stability
Mobility



Repeat the stretch with your arms extended in front of you.



Come up, keeping your arms straight. Bring your knees off the floor and straighten your legs.



Push your hips forward to make a straight line along your spine and legs. Balance on your toes

Drop your knees and return to the stretch, extending your arms in front of you.