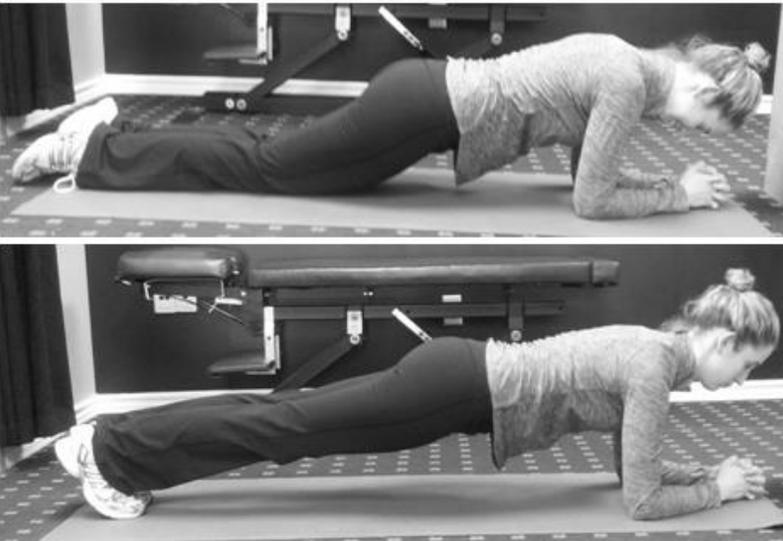


PLANK EXERCISE PROGRESSION

Exercise	Description	Sets/Reps/Frequency
	<p>Abdominal bracing/hollowing Draw your belly button in towards your spine, engaging your abdominal muscles as if you are preparing to be hit in the stomach. Do not “suck in your gut”. Keep your core engaged as you continue breathing.</p>	<p>Perform 10 times per day, daily. Goal: be able to hold for 10 consecutive breaths</p>
	<p>The Plank Get into pushup position on the floor. Bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Engage the muscles between your shoulder blades, your core muscles, your quads, and your gluts. Don't forget to continue breathing.</p>	<p>3 sets of 30 seconds</p>

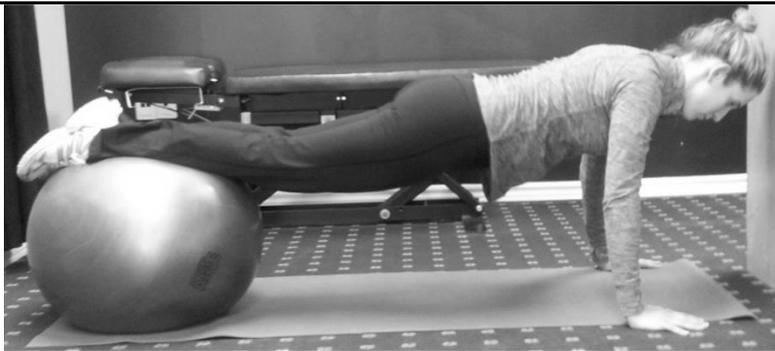
PLANK EXERCISE PROGRESSION



The Advanced Plank

3 sets of 1 minute

Get into push-up position on the floor. Bend your elbows 90 degrees and rest your weight on your forearms. Your elbows should be directly beneath your shoulders, and your body should form a straight line from your head to your feet. Engage the muscles between your shoulder blades, your core muscles, your quads, and your gluts. Don't forget to continue breathing. Lift your left foot approximately 2 inches off the floor. Hold for 10 seconds then return foot to the floor. Alternate right and left.



Stability Ball Plank

3 sets of 1 minute

Get into push-up position with feet on stability ball. Hold this position, ensuring that the muscles between your shoulder blades, your core muscles, your quads, and your gluts are engaged. For added difficulty, alternate lifting one foot and hold for 10 seconds.