

Notes :

1 Plank on table/counter



Place your hands on an elevated surface such as a counter top or table and your feet back to maintain your body up in a straight line.
Contract your glutes and do not arch your lower back.
Keep your body in a straight line from your head to your feet.
Hold the position.

2 Plank on chair



Place your forearms on a chair and your feet back to maintain your body up in a straight line.
Contract your glutes and do not arch your lower back.
Keep your body in a straight line from your head to your feet and keep your elbows under your shoulders.
Hold the position.

3 Plank on knees



Position yourself on your forearms and your knees then lift yourself up in a straight line.
Contract your glutes and abdominals to prevent arching your lower back.
Keep your body in a straight line from your head to your knees and keep your elbows under your shoulders.
Hold the position.

4 Prone plank



In a prone position with your arms underneath your torso and your elbows at chest level, lift yourself up and maintain the position on your elbows and the tip of your toes.
Squeeze your glutes to prevent your back from arching.
Hold the position

5 Abdominal plank



Start in all fours, then prop yourself up on your forearms and toes, with your chin tucked in.
Lift up your body, creating a straight line with your body.
Maintain the position without arching the lower back.