



Front Plank (Hips/knees and elbows flexed)

Level 1

Starting position:

Elbows and knees on the ground, shoulder width apart and your head in a neutral position.

Movement:

Hold the position, keeping your core tight.

Perform ____ Reps ____ Sets ____ Times a day



Front Plank (Elbows flexed and hips/knees extend)

Level 2

Starting position:

Elbows and toes on the ground, shoulder width apart and your head in a neutral position.

Movement:

Hold the position, keeping your core tight and your body straight.

Perform ____ Reps ____ Sets ____ Times a day



Front Plank (Hips/knees and elbows extended)

Level 3

Starting position:

Hands and toes on the ground, shoulder width apart and your head in a neutral position.

Movement:

Hold the position, keeping your core tight and your body straight.

Perform ____ Reps ____ Sets ____ Times a day