



Plank Reach Matrix

Starting position:

In a push-up position with arms extended.

Movement:

Tighten your core, and keeping your body straight:

- A) Shift your weight to one arm and extend your other arm forward.
- B) Shift your weight to one arm and rotate your body and other arm to point toward the ceiling.
- C) Shift your weight to one arm and reach the other arm across/under your body.

Repeat: ___ Reps ___ Sets ___ X/day
 ___ ABC cycles with: R L Both
 ___ alternating arms for: A B C all