

# PLANK



## OBJECTIVE:

To measure core muscular strength and endurance

## EQUIPMENT:

Stopwatch



## 1 PRIOR TO TESTING:

- ☑ Break students into manageable groups (6-8)

## 2 TEST INSTRUCTION AND EXECUTION:

Coach times students

### Proper plank execution:

1. Prone, elbows under shoulders, forearms on ground
2. Straight line from ankle to ear; toes tucked, legs straight
3. Head in a neutral position with eyes looking down
4. Gluteus braced
5. Core braced
6. Hold position for as long as possible without moving

## 3 SCORING

- ☑ The time is recorded in seconds (XXX seconds)
- ☑ When students begin to exhibit tremors or posture becomes distorted, end their time.
- ☑ Disqualifications:
  - Students' time is stopped after 2<sup>nd</sup> correction
  - Corrections are qualified as:
    - » Hips too high
    - » Hips too low
    - » Low back arched (lumbar lordosis)
    - » Upper back rounded (thoracic kyphosis)