

Plank Video Exercise Guide

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EXERCISE PROFILE

Target Muscle Group

Abs

Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Static
Experience Level	Beginner
Secondary Muscles	Lower Back

TARGET MUSCLE GROUP

Abs





Plank Overview

The plank (AKA hover) is an excellent exercise for building overall core strength. The video above demonstrates the most common plank variation. If you're new to training and do not have the core strength to do a full plank you can start with your knees on the floor and work up to knees off the floor as you get stronger.

You can make the plank harder by raising one foot off the floor. If that's still easy for you, raise one foot off the floor and the opposing hand at the same time. If you're in the gym you can also try weighted planks by adding weight plates to your back for additional resistance. Just make sure you do not let your midsection sag throughout the exercise.

Plank Instructions

1. The Plank is a stationary exercise that helps strengthen the entire core of the body. Set up for the plank by getting a mat and laying down on your stomach.
2. To start the exercise prop your torso up on your elbows and your feet up on your toes.
3. Keeping yourself completely straight, hold this position for as long as possible.
4. Typically, the plank is done for 3 x 1 minute sets. However, as you get stronger you should be able to do 1 - 3 minutes.

Plank Tips

1. Do not let your mid section sag in the middle. You need to keep yourself straight at all times.

2. Do this exercise in front of a mirror to make sure you are not letting your technique slip.
3. Raise an arm or a leg to increase intensity.