## **Plank Video Exercise Guide**

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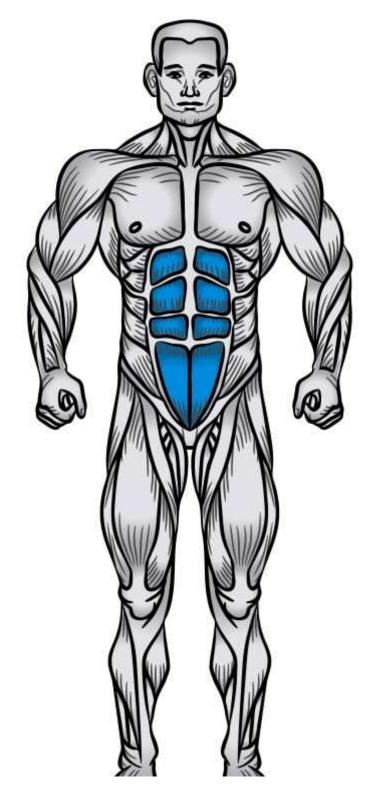
#### **EXERCISE PROFILE**

Target Muscle Group

<u>Abs</u>

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

### 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 of 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 resistence. 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 your 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.