

Exercise of the Month

March, 2017

Plank Row + Tricep Kickback

Purpose: Increase core strength, muscular strength

Target Muscles: Latissimus Dorsi, Triceps, Abdominals, Erector Spinae

Assisting Muscles: Deltoids, Pectoralis Major, Biceps

Equipment Needed: Dumbbell, mat (optional)

Start: Begin in plank position on hands with feet shoulder width apart. Be sure to align body in a straight line and the shoulders over the hands. Hold dumbbell in one hand.

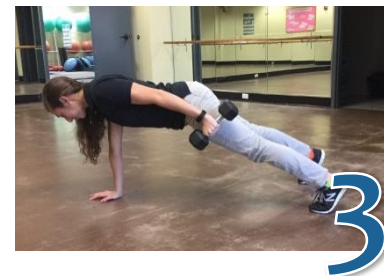
Movement Phase 1: With one arm, send the elbow backwards as you bring your hand just below your chest.

Movement Phase 2: Keeping the elbow high, extend the arm to send the dumbbell behind you and straighten the arm.

Repeat: Complete 8-12 repetitions on each arm. When performing repetitions, be sure not to relax the shoulder of the arm doing the work or slam the dumbbell on the ground. Maintain control throughout the movement.



Modification



Beginner: Perform the same exercise from a modified plank on your knees.



From Corporate Fitness Works Team Leader, Kerianne Hill

Corporate Fitness Works, Inc.