

April Exercise of the Month

Plank Knee to Elbow

Training Emphasis: To develop core strength

Primary Muscles: Rectus abdominus, obliques, transverse abdominus, erector spinae, hip flexors, glutes

Stabilizing Muscles: Chest, back, shoulders, triceps, thighs

Equipment: None required (exercise mat optional)

Start Position:

- ❖ Begin in plank (push-up) position with arms extended and hands placed under the shoulders
- ❖ Legs are extended back with toes pressed into the floor
- ❖ Focus on straight body position, as if a line could be drawn from your head, neck, shoulders, down through the tailbone
- ❖ Engage the core to keep the hips from sagging to the floor or pulling up to the ceiling

Movement:

- ❖ With the legs still extended, lift the right toe slightly off the floor
- ❖ In a controlled motion, pull the knee up and out to bring the top of the knee to the outer elbow
- ❖ Retract the knee, pushing through the heel to bring the leg back to extended position
- ❖ Don't let the toe touch the floor between reps
- ❖ Continue the movement to complete 8-12 reps, then repeat on the other side to complete 1 set
- ❖ Practice consistent breathing pattern, exhale with the knee pull and inhale when the leg extends
- ❖ Allow 30 seconds of rest after doing both right and left sides, then repeat for 2-3 sets total

Variation:

- ❖ Perform this exercise from a kneeling plank position, keeping one knee on the ground while the other bends and extends

Start Position



Preparation



Movement

