

January Exercise of the Month Plank Up-Downs

Purpose: To strengthen and tone the entire body.

Primary Muscles: Erector Spinae, Rectus Abdominus, Transverse Abdominus

Secondary Muscles: Trapezius, Rhomboids, Rotator Cuff, Deltoids, Pectoralis, Serratus Anterior, Glutes, Quadriceps, Gastrocnemius

Equipment Needed: Mat (optional)

Start position:

- ❖ Start in an extended plank (push up position)
- ❖ Place the hands underneath the shoulders; body should be in a straight line from shoulders to ankles
- ❖ Engage the core by contracting the abs, avoid sagging or protruding up at the hips



Plank Down:

- ❖ While keeping the body in a straight line, lift and bend the right arm to lower the elbow down to the mat/floor followed by the left arm and elbow.
- ❖ Elbows should be positioned under the shoulders.
- ❖ Forearms should be on the mat with palms facing down



Plank Up:

- ❖ Lift the right arm to straighten the elbow, placing it underneath the shoulder to press the body up.
- ❖ Continue with the left hand until you are back in an extended plank with both arms extended
- ❖ The core is continuously engaged, keeping the hips aligned with the spine at all times.
- ❖ Repeat 5 times leading with the right and then 5 times leading with the left.

