

Partner Plank Hold & Sit-Up

Purpose: Strengthen abdominal core and upper body with partner

Target Muscles: Core-abs/lower back, chest/shoulders (in plank)

Assisting Muscles: Thighs, glutes, and arms

Equipment Needed: Floor mat (optional)

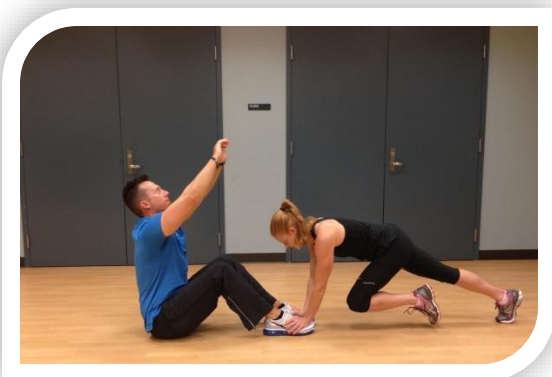
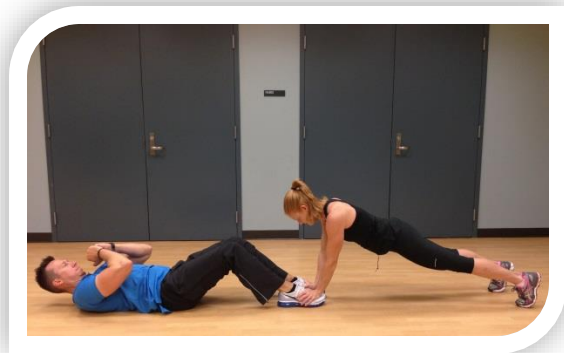
Start: Partner 1 lays on the floor, knees bent, feet pressed to the ground, arms cross the chest. Partner 2 places their hands over top of Partner 1's feet and extends their toes back into an elevated plank.

Exercise: Partner 1 performs a full sit-up, bringing their torso up to their knees while Partner 2 continues to hold plank, hips aligned with a straight spine, the weight of their upper body is centered over top of Partner 1's feet.

Tips: Avoid holding breath, taking consistent inhalations/exhalations throughout the work. Perform sit-up in slow, controlled manner. Engage the abs to hold a strong core without sagging or arching the back when in plank.

Repeat: Perform as a timed exercise, Partner 1 completes as many reps as possible in 30-60 sec while Partner 2 holds plank. Switch roles and repeat.

Modification: Try a crunch instead of a full sit-up, and drop the knees to the floor for a less intense plank.



Exercise Challenge

Increase the intensity of this exercise by performing the sit-up with arms extended over head. You could also hold a weight in your hands for added resistance. Instead of holding plank, perform a mountain climber, pulling each knee toward the chest in a quick, alternating motion. This will boost intensity and add an element of cardio training.