

EXERCISE Plank

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called a Plank. The area of the body that we're working is the trunk - muscles focusing on the abdominals and upper back and glutes.

From an "all fours" position, you're going to ask your client to go down onto their elbows, making sure that their shoulder and elbow are over the top of each other. And then from there, they're going to lift their knees up off the floor to a straight position.

Once the client is in this position, ask them to lift their knees, to straighten their legs, aiming to keep the hips and shoulders in line with each other.

What we tend to see is that with bad practice, the hips drop way too low and we get an overarching in the lower back and too much pressure in this area.

And also we get the hips way too high. This places too much pressure onto the shoulders and the elbows.

So we want the hips nicely into the centre in line with the shoulders, with the pelvis slightly tucked to maintain that flat back and the tension on the abdominals.

Once the client is ready to come out of the position, ask them to drop down to their knees and then back up to all fours.



Main Muscles Involved

- Abdominals
- Upper Back
- Glutes

