

HEALTHY @ HOME



THE GREAT PLANK CHALLENGE

Join us for the Great Plank Challenge!

A plank is a strength training pose that works all major abdominal muscles, while also strengthening your shoulder, chest, neck, glute, quadriceps, and back muscles. Additional benefits include, better posture, heightened metabolism, and decreased stress levels.



SOME TIPS FOR HOLDING A PLANK:

- Engage your abdominal muscles to squeeze your belly button up towards your spine while maintaining a neutral back
- Contract your quadriceps and gluteal muscles to firm your legs
- Keep our shoulders drawn away from your ears
- Be sure to breathe in and out while performing your plank
- If getting down onto the floor is too challenging, try performing your plank with your hands on a sturdy surface like the kitchen counter or even a wall

Please note that if you are experiencing any pain or discomfort while performing any of these exercises, please discontinue or modify to suit your needs.

Send me your plank pictures and show us your skills! Plank On, my friends!

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THE GREAT PLANK CHALLENGE DETAILS:

DAY 1: FOREARM PLANK

Tip: Elbows and shoulders are aligned with each other

Moving Option: Alternate rotating each hip down towards the floor, pausing in the center each time.

DAY 2: FOREARM SIDE PLANK (perform on each side)

Tip: Feet can be staggered like shown, stacked, or top leg lifted.

Moving Option: Thread your top arm under your body while rotating your hips down and then extend arm it back into the air and realign hips.

DAY 3: EXTENDED ARM PLANK

Tip: Wrists, elbows, and shoulders are aligned over one another.

Moving Option: Shift your body weight forward and back while keeping your hips in line.

DAY 4: EXTENDED ARM SIDE PLANK (perform on each side)

Tip: Feet can be staggered like shown, stacked, or top leg lifted.

Moving Option: Slowly alternate side planks while pausing in the center.

DAY 5: REVERSE PLANK

Tip: Fingers face towards feet; wrists align with shoulders, engage glutes to lift up hips.

Moving Option: Alternate lifting each leg slightly off the ground.

DAY 6: WIDE LEG PLANK

Tip: Step feet out as wide as possible; wrists, elbows, shoulders align.

Moving Option: Alternate between stepping or hopping feet in narrow and out wide.

DAY 7: SINGLE ARM, SINGLE LEG, OR ALTERNATING SINGLE ARM/ SINGLE LEG PLANK

Tip: With each option, try your best to keep your hips low and in line with your line.

Moving Option: Slowly alternate moving arms, legs, or arm and legs together.

Challenge Options:

Option 1 – Hold the plank of the day for 30 –60 seconds.

Option 2 – Progressively add a plank each day. For example, on one day 1 hold plank 1, on day 2 hold planks 1 and 2, on day 3 hold planks 1, 2, and 3, and so on. By day 7 you will be holding all 7 planks in one day.

Option 3 – Choose the moving plank option and perform that exercise for 30 – 60 seconds each day.

Option 4 – Continue the challenge for a second round, aiming to hold your plank of the day for a longer time than the week prior.

Please note that if you are experiencing any pain or discomfort while performing any of these exercises, please discontinue or modify to suit your needs.

