

Plank Challenge



Planks

You may have heard it before but a strong core is key to human function and preventing injuries. A strong core gives your arms and legs that solid foundation to work from. Traditional sit-ups can increase the compressive load on your spine so planks are a much better option and work the muscles in a way that they need to be used.

Benefits

1. Strengthens core
2. Increase muscle definition
3. Heightens metabolism
4. Reduces back pain
5. Improves posture
6. Improves balance
7. Enhances bone and joint health
8. Boosts mood and relieves stress



<https://dailyburn.com/life/fitness/how-to-do-a-plank/>

Additional website:

<https://www.yogiapproved.com/yoga/benefits-plank-pose/>



Plank basics

Place hands or shoulders slightly wider than shoulder width, squeeze glutes and engage abs, keep your neck and back straight looking at a point slightly in front of your hands. The following link explains the basics of the plank.

Form and engagement of the core is key to benefits of the plank.

https://www.youtube.com/watch?v=ASdvN_XEL_c

Dynamic plank options

Basic engagement of the core muscles and good form still apply. Try adding some movements of the arms and legs to the plank position or maintaining core engagement while laying on your back moving the opposite arm and leg simultaneously.



Plank challenge

Two options: Either attempt the 3 minute plank workout linked below or challenge family members to a timed plank contest..

See who can hold the plank longest with good form.



<https://www.youtube.com/watch?v=ynUw0YsrmSg>