

Plank Series Program: Foundational (Plank 1)

<p>Mobility</p> <p>Purpose: prepare shoulder, hips and abs to work together for proper plank holds and 3 dimensional forces to spine</p> <p>Key Points: engage abs for spine control</p>	 <p>Thighs and chest on board, tilt in all directions</p>	 <p>Superman, roll to back, V-up with straight legs</p>	 <p>Feet on board, bear crawl forward to push-up plank</p>
<p>Strength</p> <p>Purpose: 3 plank moves front, side and backward for equality of training</p> <p>Key Points: quality of movements is more important than powering through reps</p> <p>3 sets x 10 reps</p>	 <p>Plank with elbows on board, add twist, pad under elbows if needed</p>	 <p>Side plank with elbow on board, lift hip off ground, return to ground</p>	 <p>Left and right board touches to ground, hips off ground, straight legs</p>
<p>Endurance</p> <p>Purpose: improve ability to hold body up for extended time to mimic ground based activity</p> <p>Key Points: visualize straight pipe from head to feet holding spine straight</p> <p>4 reps x 15 second holds</p>	 <p>Two hands on board, torso rotation, side plank hold while on knees</p>	 <p>Spread feet, straight legs, hips off ground, hold side plank with weight</p>	 <p>Press hands into board, legs and torso straight, hold reverse plank</p>
<p>Recovery</p> <p>Purpose: alleviate localized points of tension associated with plank position holds</p> <p>Key Points: breathe deeply and slowly into tight areas</p>	 <p>Inner thigh</p>	 <p>Spine extension</p>	 <p>Chest</p>

Plank Series Program: Advanced (Plank 2)

<p>Mobility</p> <p>Purpose: add movement transitions with scap mobility for better position adjustments like moving from floor, chair, car or bed and having to protect your spine from extra motions</p> <p>Key Points: focus on shoulder blade motions</p>	 <p>Wide squat, rotate board left and right, press hands into board</p>	 <p>Side legs and arms lift, rotate to other side and lift legs and arms</p>	 <p>Back on board, tilt in all directions touching board to ground</p>
<p>Strength</p> <p>Purpose: add hand and elbow transitions to improve getting off the floor or working close to the ground</p> <p>Key Points: move with control and precision</p> <p>3 sets x 10 reps</p>	 <p>High plank, lower to each elbow, press to each hand to high plank</p>	 <p>Side plank, torso facing ground, rotate to side facing position</p>	 <p>Calves on board, push elbows into ground, lift hips off ground</p>
<p>Endurance</p> <p>Purpose: single leg or arm holds require spine rotation control</p> <p>Key Points: maintain neutral spine and abdominal bracing for spine health</p> <p>4 reps x 15 second holds</p>	 <p>Press hands into board, straight legs, lift one leg into air and hold</p>	 <p>Side plank, bent knee on ground, hold top leg and hand into air</p>	 <p>2 hand side plank hold, straight bottom leg, hold top leg in air</p>
<p>Recovery</p> <p>Purpose: alleviate localized points of tension associated with plank position holds</p> <p>Key Points: breathe deeply slowly into tight areas</p>	 <p>Inner thigh</p>	 <p>Spine extension</p>	 <p>Chest</p>