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## PLANK INTERMEDIATE

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START



- Plant your hands on the mat directly under your shoulders and slightly more than shoulder width apart
- Bend your elbows 90° directly beneath your shoulders
- Ground your toes on the mat with legs fully extended
- Squeeze the glutes to stabilise your body
- You should be in straight line from your head to your heels

### MUSCLES TARGETED

#### **ABDOMINALS, OBLIQUES, QUADRICEPS, HAMSTRINGS, GLUTES AND TRAPS**

- This exercise builds strength and flexibility of all the targeted muscles especially around your core area

#### **NOTE**

*Correct form is essential to maximize the effectiveness of this exercise therefore avoid the following bad habits:*

1. *Not focusing on fully contracting abdominal muscles*
2. *Arching and rounding the back*
3. *Lifting the butt up too high*
4. *Keeping the head up*