

Core Training 1

Planks

Exercise	Teaching Points	Reps / Time x Sets
Plank	<ul style="list-style-type: none"> • Lie flat on your front on the floor. • Keep your legs straight and engage your abdominal muscles. • Push your toes into the floor and take your weight on your elbows. • Keep your back flat and hold the position. 	<p>A) 20 seconds x 3 w/ 30 seconds rest</p> <p>B) 30 seconds x 3 w/ 30 seconds rest</p> <p>C) 40 seconds x 3 w/30 seconds rest</p>
Plank Jacks	<ul style="list-style-type: none"> • Get into position on the floor on both hands and feet • Engage the muscles in your legs, glutes and core • Jump both feet out wide and then back in again • Try not to let your hips bounce up and down as you jump 	<p>A) 10 reps x 3 w/ 30 seconds rest</p> <p>B) 15 reps x 3 w/ 30 seconds rest</p> <p>C) 20 reps x 3 w/ 30 seconds rest</p>
Plank Up / Down	<ul style="list-style-type: none"> • Get into position on the floor on both hands and feet • Engage the muscles in legs, glutes and core • Lift one hand off the floor and put your elbow down in its place • Repeat on the other side • Once you have both elbow on the floor, lift one up and put your hand in its place • Repeat on the other side 	<p>A) 5 reps per side x 3 w/ 30 seconds rest</p> <p>B) 10 reps per side x 3 w/ 30 seconds rest</p> <p>C) 12 reps per side x 3 w/ 30 seconds rest</p>
Side Plank	<ul style="list-style-type: none"> • Lie on the floor on your side legs and body in a straight line • Take your weight on your feet and one elbow • The elbow supporting your body weight needs to be under your shoulder • Engage your abs to support your body and to maintain hip height as you hold this position 	<p>A) 15 seconds per side x 3 w/ 30 seconds rest</p> <p>B) 20 seconds per side x 3 w/ 30 seconds rest</p> <p>C) 30 seconds per side x 3 w/30 seconds rest</p>

Side Plank Crunch	<ul style="list-style-type: none">• Lie on the floor on your side legs and body in a straight line• Take your weight on your feet and your left elbow• The elbow supporting your body weight needs to be under you shoulder• Engage your abs to support your body and to maintain hip height as you hold this position• Draw your left knee in and up across your body to your right elbow and then back out	<p>A) 5 reps per side x 3 w/ 30 seconds rest</p> <p>B) 10 reps per side x 3 w/ 30 seconds rest</p> <p>C) 12 reps per side x 3 w/ 30 seconds rest</p>
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