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FOR HEALTHY LIVING
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PLANKING TIPS

HELPFUL TIPS ON PLANKING

from Kiaja Kenard, Health & Wellness Manager at the Southwest YMCA

A) FOREARM PLANK

- Make two parallel sticks on the ground with your arms, NOT an "A" (where your hands are clasped together)
- Elbows under shoulders & chest

B) HIGH/HAND PLANK

- Hands under shoulders & chest
- Turn your hands out ever so slightly
- Have your fingers spread wide

c) FRONT PLANKS

- Get into position from the knees, NOT from lying on the floor
- Lift your chin, so your face is parallel to the floor (staring directly at the ground)
- Curl your toes/flex your ankle forward
- Widening the legs/feet, so they are not touching each other will help make it easier
- Don't let your shoulders sag together & belly hang forward

D) SIDE PLANKS

- If on a mat, line you joints up with the edge for proper body alignment
- Hand/Elbow under shoulder
- Put top hand on hip, behind head/neck, or in the air directly over the shoulder for proper body alignment
- Don't let your head droop to one side
- Look forward, directly in front of you
- Flex your ankle forward

e) ALL PLANKS

- Tuck your tailbone under/forward
- Squeeze your buttocks together
- Take deep breaths with the exhale longer than the inhale