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