



Fitness and Aquatic Centers

Plank Progressions

These exercise are listed from the least difficult to more difficult. The lower you move parallel to the floor, the harder the exercise is. When performing any type of plank ensure your core is engaged (abs tight, butt squeezed) before and during the entire exercise and your spine is neutral (do not flex or extend your back). You should not feel this in the lower back. If so, stop, reengage core, and try again. Also, make sure you take in consideration the proper safety measures when performing this exercise (i.e. stable and sturdy chair that doesn't slide on floor, assistance when getting down/up from floor, wall or door that will not move, etc.). If the wall, chair, or floor is uncomfortable for your hands or elbows, place a towel or mat underneath for better cushion.

Wall Planks



Chair High Planks



Chair Planks



Floor High Planks (Push-Up Position)



Floor Planks

