



Plank

- Begin in four point kneeling position, neutral pelvis and spine
- Exhale to stabilise and slide one leg away, turning the toes over
- Inhale, then exhale to stabilise and slide the other leg away, turning the toes over
- Hold this position for 3 breaths
- Drop one knee to the floor without dropping the pelvis
- Drop the second knee to the floor
- Repeat twice more
- Rest in Childs Pose (bottom on heels, forehead on floor)

Points to Remember:

- ✦ Stabilise the shoulders throughout
- ✦ Don't lift the hips once you've straightened both legs, keep a straight line from the shoulders to the hips to the heels
- ✦ Keep the abdominals scooping and the ribs drawing together underneath you

Beginner version

- ✦ Rather than hold the position for 3 breaths, immediately drop the first knee, then the second knee to the floor, keeping the pelvis still
- ✦ Then repeat the straightening of the legs, and again drop the knees one by one
- ✦ Repeat x 3
- ✦ Rest in Childs Pose (bottom on heels, forehead on floor)

Please warm up before attempting these exercises.

Please note that these exercises are intended for clients of Core Pilates. Core Pilates cannot be held responsible for any injuries sustained whilst performing any of the exercises detailed on this website.