



# PLANKS CORE STABILIZATION



## Core Strength with Planks!

Program built by Dr. Jennifer Prewitt, PT, DPT, OCS

### Forward Plank (Forearms)

- 1. Start on hands and knees. Lift knees off of the ground until your elbows are directly under your shoulders and your back is flat like a table.**
- 2. Pull your belly button into your spine (to activate your core). Breathe normally and hold.**
- 3. Recommendation.** Start with 30 seconds. Perform 3 repetitions with at least 30 seconds in between each repetition. Practice 3-5x per day if possible.

**NOTE: If 30 seconds is too challenging (start with "Half Planks" with knees down). Do not push through back pain.**

### Side Plank.

- 1. Start by lying on your side. Push up with your forearm/ elbow under your shoulder and your feet stacked. Keep your body straight (don't let your butt sag toward the ground). Breathe normally and hold.**
- 2. Recommendation.** Start with 15 seconds. Perform 3 repetitions with at least 30 seconds in between. Repeat on the other side. Practice 3-5x per day if possible.

### Why is this Important?

We have 2 different groups of abdominal muscles, our superficial abs and our deep abs. Both are necessary to support our core and our back. Up until this point, all core exercises have emphasized our deep stabilizers because that is typically where we are deficient. Our superficial abs are also important, but are typically easy for us to find and to strengthen. **Strengthen your superficial abs, but make sure you're getting your deep abs too with TA Breathing, TA Marches, and TA Fallouts.**