



## EXERCISE PROGRESSION SERIES

# FRONT PLANK

During this time when most of you can't train in the gym, work on some exercises that will make you stronger and help prevent injuries when you do return!

### **DON'T FORGET TO WARM UP!**

Always start with 10 minutes of cardio activity to get warmed up. This can be fast-paced walking, slow jogging, biking – anything to get your heart pumping a little and your muscles warmed up.

### **PICK YOUR STARTING LEVEL**

This will depend on your current strength and fitness level. It's okay to do one exercise at the basic level and another at the intermediate or advanced levels. Focus on form! Make sure your form is correct as you are doing the exercises.

- **Younger children** (approx. 8 and under) should start with the basic level. When they can do that level with perfect form, they should progress to the intermediate level.
- **Older children** (approx. 8-12) may start with intermediate-level exercises if they can do them with good form.
- **Teens** may start at the intermediate or advanced levels, depending on their strength. They may need to use different levels for different exercises.

### **PERFORM THE EXERCISE**

You should do enough repetitions of each exercise until you are fatigued. You will know you are fatigued when you can't keep your form or when your muscles are too tired to continue. Do 3 sets of each exercise with at least a 30-second break between each set.

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Balance on your elbows and the balls of your feet. Your elbows should be directly under your shoulders. Maintain a straight line from your shoulders through your ankles. Don't let your back sag or raise your hips out of line.

### BASIC

Hold a static position for up to 30 seconds with good form. If form starts to break, rest 30 seconds and repeat the hold for as long as you can.



### INTERMEDIATE

Start in basic position and alternate leg lifts. Avoid letting your back wobble or sag while alternating legs. Keep your straight line!



### ADVANCED

Start in basic position with feet shoulder width apart. Lift one arm and rotate your body so that the shoulder of your free arm is pointing toward the ceiling. Hold a few seconds and come back to starting position. Repeat on the other side.

