

# EXERCISE OF THE MONTH

## Prone Plank

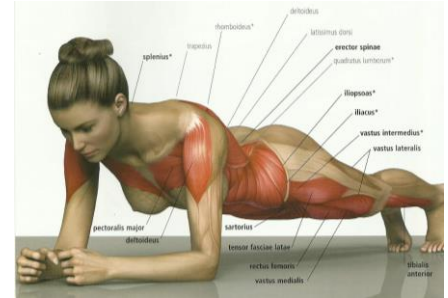
### Start Position



### End Position



### Muscle Groups Exercised



### How To Perform

Lie on your stomach on an exercise mat or floor with your elbows close to your sides and directly under your shoulders, palms down and fingers facing forward.

### How To Perform

Engage your core muscles and slowly lift your torso and thighs off the floor or mat. Keep your back flat and legs rigid. The shoulders should be directly over your elbows with your palms facing down through the entire exercise. Continue to breathe, keeping the abdominals strong while holding this position. Try holding this position for 5 seconds or more.

### Coaching Tips

- ✓ Keep the shoulders away from the ears (no shrugging).
- ✓ Do not allow any sagging in your ribcage or low back.
- ✓ Avoid hiking your hips into the air or bending the knees.
- ✓ Keep your core muscles engaged throughout the entire exercise.
- ✓ Keep your neck aligned with your torso.

*\* See your PFT for alternative exercise variations and equipment*