

Prone Plank Prep:

Start position: 4 point kneel

Engage the core

Curl the toes under. Keep the shoulders pulled down away from the ears. Inhale to prepare, exhale lift the knees a small amount away from the floor (just enough to fit a tennis ball under your knees). Keep the spine still. Inhale to lower back down.



Prone plank:

Start position: 4 point kneel, with the hands positioned at the top end of your mat.

Engage the core

Inhale to prepare, exhale lift the knees from the mat and sweep your body weight forwards into a full plank position. Keep the shoulders down away from the ears. You should be in a straight line from the shoulders down to the feet. Inhale to lower back to the start position.



Leg pull in prone:

Starting position: Prone, propped up onto your elbows, palms facing down, tummy lifted from the floor. Resting on your thighs.

Engage the core

Level 1:

Inhale to prepare, exhale lift your pelvis and thighs from the floor to weight bear through your knees. Inhale to lower. Do not allow your tummy to sag down to the floor, maintain a neutral spine position throughout.



Level 2:

Inhale to prepare, exhale lift your pelvis and thighs from the floor to weight bear through your knees. Inhale to hold. Exhale lift your right leg from the floor. Inhale to lower. Do not allow your tummy to sag down to the floor, maintain a neutral spine position throughout.



Level 3:

Starting position: 4 point kneel, with the hands at the top end of your mat

Engage the core

Inhale to prepare, exhale lift into a full prone plank. Inhale to hold, exhale lift the right foot away from the floor, making sure you keep your pelvis level and spine still. Inhale to release the foot, exhale repeat on the opposite leg. Inhale to release back to the mat.

