

PLANK POSE

- Lie face down on the floor.
- Place your hands directly under your shoulders and push into the ground evenly.
- Make your body as long and straight as possible from head to heels.
- Focus on extending the back of the knee fully and creating maximum distance between hands and chest and, shoulders and top of head.
- Draw the navel to the spine.

Benefits

- Building upper body strength, particularly through the shoulders and chests.
- Helps to establish control and strength through the abdomen.
- Creates awareness of posture in space.

Beginners Advice

- Begin with knees on the ground if unable to push up from lying down.
- For more support through the arms, position hands directly underneath the shoulders.
- If tired or in need of rest, take knees to the ground until ready to begin again.

Challenge

- Attempt to lift a foot off the ground, but only for as long as body position can be maintained without compromise.
- Keeping hands in line with the outside of the shoulders, bring them further in front of the head for additional challenge to the abdominal region.

Adjustments / What to look for

- Pushing into the ground from the shoulders.
- Straight body from head to heels with length in the spine.
- Breathe slowly and deeply - hold pose for three breath cycles.
- Maintain an even hip position, being mindful not to lift too high, or sag through the middle.

