

# Plank Variation with Elbows on the ball

**Stabilising muscles:** Pelvic Floor, TVA, pectorals, triceps, serratus anterior, quadriceps, obliques, gluteus maximus.

**Primary muscles used:** Pectorals, triceps.

**Position:** Prone.

For Plank, engage pelvic floor and TVA, on knees on floor, elbows slightly bent.

**Errors:** Avoid extension of lumbar spine (sagging), avoid upward movement in the hips, keep hips level and still throughout both levels of exercise, avoid scapula winging.

Avoid holding breath.

## Half Plank, knees on floor:

Inhale – Prepare position, wide elbow position, hands lightly clasped. **(Photo 1.)**

Exhale – Engage quads and gluteus Maximus. Extend hips forwards-rolling ball forward until hips are straight, in half plank position.

Hold this position maintain regular breathing, try to engage TVA more each time on the exhale. **(Photo 2)**

## Full Plank, feet on floor: **(Photo 3)**

As above-Perform plank as above, extending to feet instead of knees. This requires greater strength and control.

Muscles used – Pecs, triceps, anterior deltoid on the pressing action.

Hip stabilised by gluteus max and quads, core, shoulder girdle.

Photo 1



Photo 2



Photo 3

