



Back Training Level 2: Planks

Strong muscles up and down the spine are fabulous for injury prevention. And no exercise builds strength into them more safely and more certainly than bridges. Planks are one form of bridge.

Figure 1



Figure 1:

1. Sit down on the floor with your legs straight out in front.
2. Reach out behind with your arms, keep the arms straight and place your hands on the floor palms down, fingers pointing towards the front as much as possible. It doesn't really matter if they are pointing out to the side *a little*, but don't point them towards the back. This is the starting position.

Figure 2



Figure 2: Supporting yourself with your hands, push through your heels and arch your back until your body is straight, like a *plank*. Hence the name of the exercise. Lower back to the floor. This is one repetition.

Train once or twice per week as instructed. Build up to two sets of 20 repetitions before proceeding to level 3.