



Rehabilitative Exercises | Core Exercises

A5 Prone Plank

1



2



- 1- Lay on your stomach. Put your elbows directly under your shoulders. Keeping your knees on the ground, tighten and elevate your abdominals while maintain a neutral pelvis. Hold this position for _____ seconds. When you can plank for 1 minute on your knees, proceed to level 2.
- 2- Lay on your stomach. Put your elbows directly under your shoulders. Point your toes to the ground and lift your abdominals while maintaining a neutral spine, making a straight line between your shoulders and toes. Hold for _____seconds _____ times a day. Maintain total plank time for up to 3 minutes.