

# Exercise of the Month

brought to you by the  
**the Bob L. Burger  
Recreation Center**  
111 W. Baseline Rd.  
Lafayette, CO 80026  
303-665-0469  
[www.cityoflafayette.com/recreation](http://www.cityoflafayette.com/recreation)



## Abdominal Plank Exercise

Most people know that planks are very effective abdominal exercises. However, if you can hold the standard plank position for longer than 30 seconds, it is time to make the exercise harder so you continue to see improvements in your core stability. One of the best ways to improve your core stability is to add movement to the stationary plank.

*Listed below are a few suggestions to make your planks harder:*

1. Assume the regular plank position on your toes and on your elbows, making sure that your elbows are directly below your shoulders and your body is making a straight line from your head all the way to your toes (think of your body as a small playground slide). Now, instead of holding the standard plank position, begin to shift your torso to the right and then to the left, keeping your elbows and toes firmly planted on the mat/floor. Do this for 10-30 seconds and then release.
2. In the regular plank position, begin to make circles with your torso, alternating from right to left. Again, keep your toes and elbows firmly planted on the mat/floor. Do this exercise for 10-30 seconds and the release.
3. In the regular plank position, lift your right foot 2-3 inches off the ground and hold for 5-15 seconds. Then, set your right foot down and lift your left foot 2-3 inches off the ground and hold that position for 5-15 seconds.
4. In the regular plank position, begin to walk forward on your toes and elbows and then walk backwards. Make sure that your body remains in a straight line. Walk forward and backward for 10-30 seconds and then release.
5. In the regular plank position, begin to walk to the right on your toes and elbows for 10-15 seconds. Then walk to the left on your toes and elbows for 10-15 seconds, again making sure that your body is a straight line throughout the exercise.