Article Series Staying Active All

Straight Arm Plank Exercise Video

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[music]

[Matt] This exercise is the straight arm plank. This is going to be modified for more beginner version of this exercise.

So we are going to start by placing both palms on the table, we're going to step away from that table, and we're going to make a straight line with our back, and we're going to hold this plank position right here using our abdominal core.

Go ahead and try this one out here. We're going to hold for 15 seconds, using your abdominal core to hold you in the position.

Breathing is important, so remember to breathe in and breathe out as you perform this exercise.

Remembering to keep good posture, straight through the back, focusing on that abdominal core. After 15 seconds, we're going to stand, and now we're going to move on to a more modified version, which is an intermediate version which is going to be using our elbows.

So again, using the table. We can also use the back of a couch, a chair, a bed, countertop.

We're going to put that weight through the elbows here, step back, keeping our back nice and straight, focusing that energy right on the abdominal core.

So again, go ahead and get in this position. Be on your toes a little bit more, straight through the back, head forward, remembering to breathe in, and breathe out, throughout this plank. 15 seconds is a good amount of time to start with.

Okay, and we stand – come forward, stand up – that was a really nice job, good form on that one.

[Man] Thank you.

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In the straight arm plank, you keep your abdominal core contracted to hold your body position.