

PLANK

(Core Muscular Endurance)

1. Lie face down on the mat.
2. Extend your body completely and tuck your toes under for better grip.
3. Support your body off the ground with your elbows and forearms.
4. Ensure that your body is straight during the entire test. Your shoulders, hips, knees and ankles should be in straight line.
5. Your partner will use a stopwatch to keep track of the total time that you are able to maintain this position.
6. Your partner will watch your form and warn you if your hips are raised up too high or if they sag down towards the ground.
7. The test is over after 2 warnings to improve form or once the body is lowered to the mat.
8. Record the total time in seconds.

