

You Need To Plank: The Ultimate Guide to a Stronger Core, Back, and Shoulders

Planking is one of the most effective exercises for building a strong core, back, and shoulders. It's a simple exercise that can be done anywhere, and it doesn't require any special equipment.



You Need to Plank!: 11 Great Benefits of Planking, and Reasons Why You Need to Start Doing Planks If You Want to Improve Your Health by Life Lab Academy

★★★★★ 5 out of 5

Language	: English
File size	: 447 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 22 pages
Lending	: Enabled



Benefits of Planking

Planking offers a number of benefits, including:

- **Improved core strength:** Planking engages all of the muscles in your core, including your abs, obliques, and lower back. This can help to improve your posture, reduce your risk of back pain, and enhance your athletic performance.

- **Increased back strength:** Planking also works your back muscles, including your erector spinae and trapezius. This can help to improve your posture, reduce your risk of back pain, and make you more resilient to injury.
- **Enhanced shoulder strength:** Planking also works your shoulder muscles, including your deltoids and rotator cuff. This can help to improve your posture, reduce your risk of shoulder pain, and make you more athletic.
- **Improved balance and stability:** Planking requires you to stabilize your entire body, which can help to improve your balance and stability. This can benefit you in everyday activities, as well as in sports and other physical activities.
- **Reduced risk of injury:** Planking can help to strengthen the muscles around your joints, which can help to reduce your risk of injury. This is especially important for people who are prone to back pain or shoulder pain.

How to Plank Properly

To plank properly, follow these steps:

1. Start by lying on your stomach with your forearms on the ground and your elbows directly under your shoulders.
2. Lift your body up onto your toes and forearms, keeping your back straight and your core engaged.
3. Hold this position for as long as you can, while maintaining good form.
4. Lower back down to the ground and rest.

If you're new to planking, start by holding the position for 30 seconds and gradually increase the time as you get stronger. Aim to hold the plank for at

least 60 seconds.

Variations of the Plank

There are many different variations of the plank that you can try to challenge yourself and target different muscle groups. Here are a few examples:

- **Side plank:** This variation targets your obliques and side core muscles. To do a side plank, lie on your side with your forearm on the ground and your elbow directly under your shoulder. Lift your body up onto your side and hold the position for as long as you can.
- **Reverse plank:** This variation targets your glutes and hamstrings. To do a reverse plank, sit on the ground with your legs extended in front of you. Place your hands behind you and lift your body up onto your hands and toes. Hold the position for as long as you can.
- **Plank with knee drive:** This variation targets your core and hip flexors. To do a plank with knee drive, start in a plank position. Bring your right knee towards your chest and then return it to the starting position. Repeat with your left knee.
- **Plank with leg lift:** This variation targets your core and glutes. To do a plank with knee drive, start in a plank position. Lift your right leg up off the ground and hold it for a few seconds. Lower your leg back down and repeat with your left leg.

Planking is a simple and effective exercise that can help you to build a stronger core, back, and shoulders. It's a great exercise for people of all fitness levels, and it can be done anywhere. So if you're looking for a way

to improve your overall strength and fitness, add planking to your routine today.

For more information on planking and other core exercises, check out our book, *You Need To Plank*. This book provides a comprehensive guide to planking, including variations, tips, and exercises to help you get the most out of this powerful exercise.



You Need to Plank!: 11 Great Benefits of Planking, and Reasons Why You Need to Start Doing Planks If You Want to Improve Your Health by Life Lab Academy

★★★★★ 5 out of 5

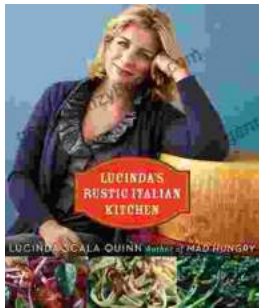
Language : English
File size : 447 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 22 pages
Lending : Enabled





Unlock Stunning Visuals: Shading, Lighting, and Rendering with Blender Eevee

Master the Art of Visual Storytelling with Blender Eevee Welcome to the ultimate guide to unlocking the full potential of Blender Eevee, the...



Taste the Authentic Flavors of Italy: Lucinda Rustic Italian Kitchen by Lucinda Scala Quinn

A Culinary Journey to the Heart of Italy Prepare to embark on an unforgettable culinary adventure as you delve into the pages of...