



# UCSU

Home Training Kit

# PLANK

Difficulty rating:



**Pro Tip:**

Find a flat comfortable surface to do these on.

Make sure you are squeezing all of your muscles.

If you find these are hurting our wrists drop down onto your forearms. If you want to make them harder why not try a side plank?

**Hot Spot:**

Trunk

**Reps and Sets:**

3 set of 30 second holds

