**Plank exercises:**

Maintain an isometric position while contracting certain muscles or muscle groups for a certain length of time. It is very effective in exercising and strengthening your core muscles:

* The Transverse Abdominis, the muscles the lie deep beneath the obliques that wrap around your spine to protect it and give you stability;
* The Rectus Abdominis – extending along the front of your abdomen and is more commonly known as the “six-pack” muscles
* The Erector Spinae - the muscles that run along your lower back up to your neck
* The External Obliques or the “love handle” muscles around your waist
* The Internal Obliques which is located under the external obliques.

As well as other muscles:

* Upper-body muscles - including the pectoral and serratus muscles
* Lower-body muscles - the quadriceps, tensor fasciae latae & sartorius



**Variations of Planks:**

* **Face Down Plank Face Down Plank to Pushup**

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* **Side Plank**

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* **Glute Bridge**

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* **Glute Bridge with leg extended**

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* **Face Down Plank with extended arm**

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* **Face Down Plank with extended leg**
* **Extended arm and leg Plank**