

Exercise Spotlight

High Plank [Hold]

Muscles Worked	- Rectus Abdominis, Transverse Abdominis, Erector Spinae, Deltoids, Triceps
Benefits	- Enhance core strength - Promote posture and balance - Improve bone strength and joint integrity
Precautions	- Focus on maintaining a neutral pelvic position throughout the duration of the exercise, ensuring that there is no excessive anterior or posterior tilting of the hips
Instructions	- Set yourself in a high plank with the hands under the shoulders, feet hip-width apart, a neutral hip position, hips at shoulder height, and vision down towards the ground - Concentrate on staying still, creating as much tension as possible through the entire body and maintaining a stiff and rigid torso - Hold this position for as long as you can without breaking form, rest, and repeat for desired number of sets - If this position puts your wrists in an uncomfortable position, you can try to modify the movement by closing your fists and supporting your bodyweight on your knuckles or by choosing to practice a low plank hold as an alternative

Start and Finish

