

# How to Perform Chair/Wall Planks

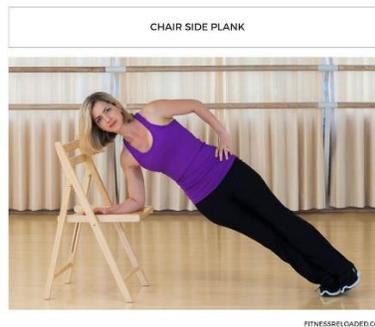
If using a chair, please make sure it does not slide. Stabilize it against a wall or place on a yoga mat.

## 1. Plank on the Wall:



- Place your hands or forearms on the wall or chair, shoulder width apart.
- Walk your feet out keeping your feet hip width apart.
- Raise heels up and double check your hands/forearms are still in line with your shoulders.
- Engage your core.
- Press your shoulder blades toward the spine and downward.

## 2. Side Plank:



- Place your right or left hand/forearm on the wall at the shoulder height.
- Walk your feet out keeping your feet hip width apart.
- Engage your core.
- Press your shoulder blades toward the spine and downward.

### 3. Knee to Elbow Plank:



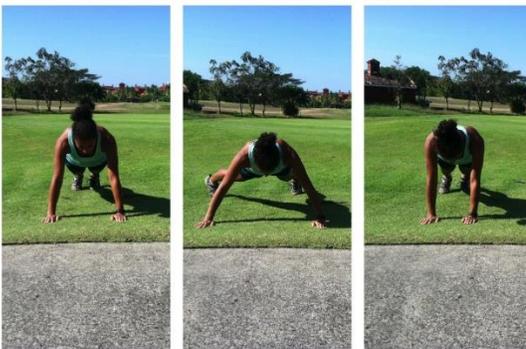
- Position your body per the wall or chair plank then drive your knee towards the elbow.
- Continue to contract your core and breath.

### 4. Low to High Plank



- Follow the steps for a wall or chair plank then alternate between both positions.

### 5. Side Walk Plank



- Position your body per the wall or chair plank.
- Move the right hand and foot (simultaneously or one at a time) then the left hand and foot.
- Continue this left/right lateral movement. Always engage your core keeping your ears, shoulders, and hips aligned.

## 6. Mountain Climber

- Same as the Knee to elbow plank but with quickness. This will drive your heart rate up so focus and breath.

## 7. Plank Jacks



- Follow the steps for a wall or chair plank.
- Hop the feet out in a jack formation. If you would prefer not to jump, just tap the right foot out then bring it back. Then tap the left foot out and return it back.
- This is a bit of cardio so focus on your form and breath.