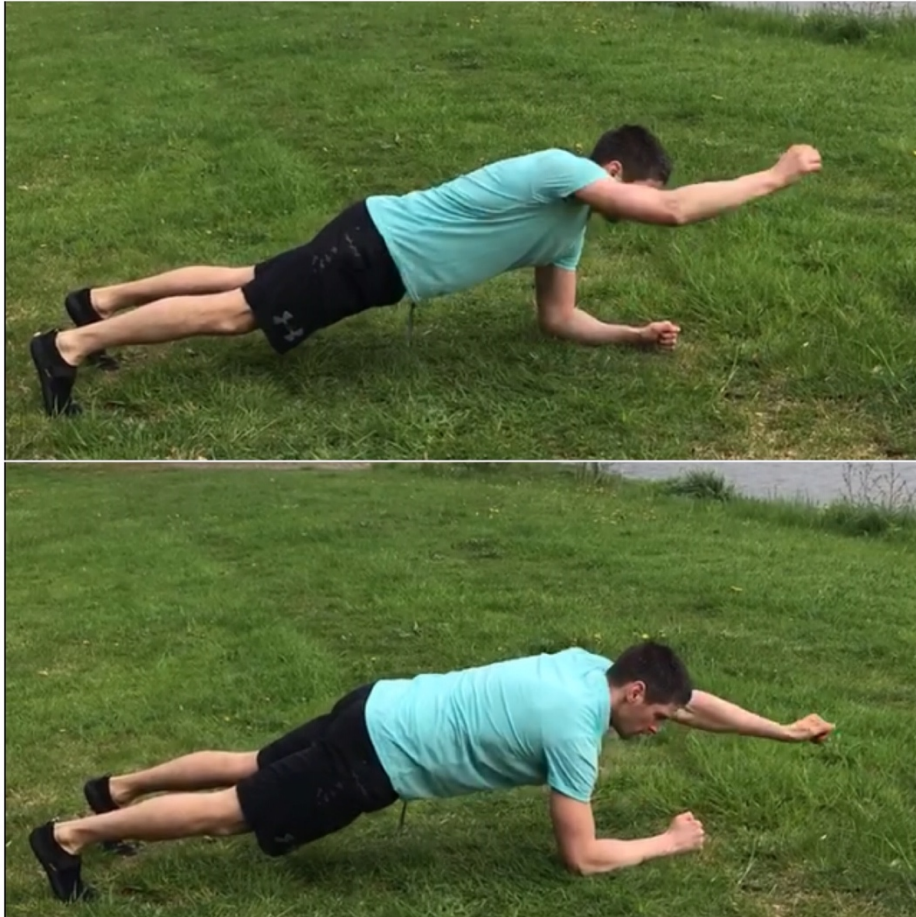


## HOW TO PERFORM A ROCKY PLANK

Once you have mastered the classic plank position this should be next on your list.

Plank punches introduce an inherent instability in the classic plank position that further challenges your mid-section.



- Start in a forearm front plank position with your feet about hip-width to shoulder-width apart and your elbows under your shoulders.
- Bracing your abs and engaging your quads and glutes
- Punch one hand out in front about shoulder height.
- Move in a controlled fashion and try not to really rotate or let your bum go up in the air as you punch out