



We "Plank You" for Staying FIT!

The plank is an excellent at-home rider exercise because you must engage your abdominals, lower back, shoulders, arms and glutes, which are essential for everything you do on your horse.

To do:

- 1) Plant your hands/elbows shoulder width apart and engage your back.
- 2) Ground your feet/knees at hip width and engage your lower back by squeezing your glutes.
- 3) Keep your spine straight by staring at a point in front of your head.

Hold the plank for as long as you can in good form. Keep a timer near you and keep a record of these times. This way you can see concrete evidence of your improvements.

No matter which plank you are doing, it is important that you always push yourself to that absolute point when you can no longer maintain your form.



Seated with toes and hands on wall



Standing with elbows on wall



On the ground with knees and elbows touching floor



On the ground with toes and elbows touching floor



On the ground with toes and hands touching floor