

Exercise of the Month



Rotating Plank

Purpose: To strengthen the core, shoulder stability, and improve balance

Target Muscles: Abdominals/obliques, shoulders

Equipment: Mat if desired

Movement:

- Begin in a forward plank position with toes and elbows on the ground
- Rotate body to the side either stacking or staggering feet to maintain balance. Hold for a few seconds.
- Rotate back to center and then over to the other side.
- Keep alternating side to side.
- Be sure to try and keep hips lifted throughout the movement and maintain stability in the core

Modification: For a modification you can drop down to the knees and complete the same movement pattern

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