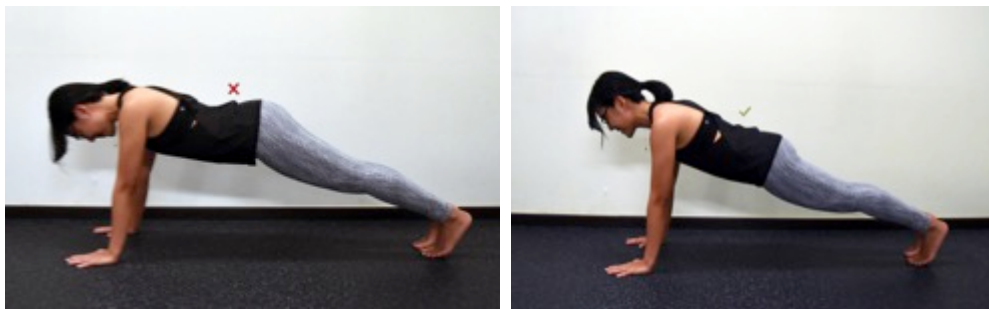


How to do a Perfect Plank Position?

Planks are one of the basic exercises for core strengthening and stability. However, it is common to perform it incorrectly.

In order to achieve a perfect plank position, an integration of all the core stabilization muscles, arms, glutes and legs are required to be active. This planking strategy can be used on the mat but should also be used in your reformer classes.



Watch the [video link](#) as Fiona, our Pilates Instructor and Daniel, our Head Instructor, demonstrates on how to move efficiently into a proper plank position.

Once mastering the proper plank position, up your challenge with different plank variations for a whole body workout!

