

# PLANKS

PLANKS ARE ONE OF THE MOST POPULAR CORE EXERCISES ON THE PLANET!

For good reason! Planks go to extremes at working the transverse abdominus (muscles often missed in crunches and sit ups). However, they are not only brilliant for core strength and endurance, planks are full body exercises that also target the upper and lower legs, glutes, back, shoulders, upper and lower arms and chest (just to name a few).

Always make sure that your muscles are warmed up before performing planks to ensure your body is in its best possible state to increase strength and stability without causing injury.

WATCH OUR PLANK VIDEO  
TUTORIAL [HERE](#)

## HOW TO PERFORM A PLANK:

1. To perform a full plank hold, begin on your hands and knees with your hands flat on the floor at shoulder height, head facing down and spine in alignment.
2. Slowly step back one foot at a time into full plank position, keeping feet shoulder width apart and your arms directly underneath your shoulders.
3. Engage your core by pulling your belly button toward your spine and hold your torso strong and stable. Your back should be relatively flat, with only a very small natural curve in the lower back. Hold this position continuously for 1 minute or more, ensuring your lower back is supported with a strong core and spine is aligned.
4. If you need to take a rest break during your plank hold then just bring your legs in and rest on your knees for a few seconds before continuing. After completing your plank hold, slowly return your legs so you're on all fours again. Slowly return to standing or repeat another plank hold, ensuring you take a good rest break in between each hold.



# PLANKS

## WORKOUT STRUCTURE:

Create a quick plank workout by performing 4 or more variations of planks for 1 minute or more within a 10 minute period.

To create a HIIT workout using planks, perform a 10 minute plank workout followed by 10 minutes of cardiovascular activity.

Perform this workout 3-4 times a week to increase flexibility, core strength, endurance and overall muscle strengthening and toning. Remember rest days are also important for muscle growth and recovery.

- **PLANK VARIATIONS:**
- **CHOOSE 4 OR MORE VARIATIONS**
- **CREATE YOUR OWN 10 MINUTE WORKOUT**

Simple variations include knee and elbow planks for beginners, intermediate planks such as full plank holds and those variations with arm raises or ball rolls or advanced planks such as plank with leg raises and side versions which further engage the obliques.

Move at a pace that suits your level of core strength and stability and make sure you perform all side planks on both sides to prevent muscle imbalance.

**WATCH OUR PLANK VARIATION VIDEO TUTORIAL [HERE](#)**



**WANT MORE??**  
 If you would like to get the absolute maximum benefit out of your workouts, join our 28 Day Weight Loss Challenge which provides tailored and timed HIIT workouts to ensure you are working in your most efficient and effective state.

# the healthy Mummy

# 28 DAY

## WEIGHT LOSS CHALLENGE

### Meal Plan Customiser - Week 1

1. Select the recipe below you'd like to swap, then click Swap and you will be taken to the tool to change meals. 2. If you only want to increase serve size on the recipe select the number of serves.

3. Finished? Click Save

Swap Select: All None Instructions

**Monday June 1** 1485 cals

BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	EVENING SNACK
 "Aussie" Toast 534 cals	 Basil Pesto With Veggie Sticks 169 cals	 Chili Roast Beef & Salad Sandwich 300 cals	 Almond & Cacao Fudge Sticks 134 cals	 Pork, Pineapple & Coconut Stir Fry 379 cals	 Watermelon & Almonds Snack 150 cals

Unlike most other plans on the market all our meal plans are **fully customisable**. PLUS you have access to over 1600 recipes that are both family and budget friendly. ALSO there are 28 days of **at home exercise** routines in our easy to follow weekly plan. And all of our exercises come with step by step and video instructions.

### Week 1 Exercises

Safe Postnatal Exercise Guide

Week 1		Week 2		Week 3		Week 4	
<b>Monday</b> August 03, 2015  Day 1 - Upper Body	<b>Tuesday</b> August 04, 2015  Day 2 - Core	<b>Wednesday</b> August 05, 2015  Day 3 - Mat Pilates	<b>Thursday</b> August 06, 2015  Day 4 - Lower Body	<b>Friday</b> August 07, 2015  Day 5 - Full Body	<b>Saturday</b> August 08, 2015  Day 6 - Standing Pilates	<b>Sunday</b> August 09, 2015  Day 7 - Active Recovery Day	

**ALL THIS FOR JUST OVER \$1 A DAY!**

## Our mums have lost over one million kgs!



**JACKIE LOST 22KG!**

"These days my life looks a bunch different to what it did 7 months ago. I am fit and healthy and most importantly.... happy! My confidence has soared!"  
**Jackie**



**RAE LOST 15KGS**

"I love the structure of the challenges and knowing that thousands of other Mums are participating alongside me makes me feel empowered and so very motivated."  
**Rae**



**KAT LOST 27KGS**

"The recipes are delicious and easy to prepare, the exercises are very challenging and non repetitive and the support you receive is invaluable!"  
**Kat**

"Lose Baby Weight helps you understand HOW to lose weight, the SAFE way to do it, and WHY it happens a particular way. I could not recommend a program more. It has improved every aspect of my life."  
**Lauren**



**LAUREN LOST 46KGS**