

# Core workout with Sam Rodman from Cornish Pirates RFC



## Plank



## Explanation

Starting position	Performing the movement	Finishing the movement
Face down with your toes and forearms on the floor	Engage your core by sucking your belly button	Return to the mat
Palms of your hands on the floor as well	Keep your body in a straight line, tense the glutes as well	Keep the movement nice and controlled
Elbows under your shoulders	Your hips shouldn't rise or lower in this movement, spine should be neutral	
	Keep your elbows under your shoulders, don't let your shoulders roll forward	
	Hold this position for time	

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

**Beginners** – 20 Seconds for 3 Sets

**Intermediate** – 40 Seconds for 3 Sets

**Expert** – 60 Seconds for 3 Sets

