



# Plank test

To test core strength

## Equipment needed

- Stop watch
- Mat

## Instructions

- Use a stop watch to time how long the athlete can assume the proper position
- Stop time when athlete stops or when form is improper
- Athlete should be up on their wrists and toes (as seen in picture)
- Athlete buttocks should not dip or raise but should be completely level
- Back and legs must be straight at all times
- If athlete has no trouble maintaining- provide an adaptation by asking athlete to lift one arm, one leg or both during the test
- If athlete has **significant** trouble- they may modify the plank by coming down to their knees- always encourage these athletes to transition into not using knees. **Note that the test was modified and what the modification was**

## Tips:

- Tell the athletes to imagine a plate of spaghetti or a bowl of water on their back and they need to keep their back flat so that it doesn't fall over



## Modifications

