Core Strength: PLANK

Core strength is important to maintain optimal fitness levels. You need to have a strong and stable torso regardless of your favorite form of exercise. To test your **core strength** is simple, and you can do it home; all you need is a stopwatch.

Core Stability Test

- Start by lying on your stomach on the floor and place your elbows directly underneath your shoulders with your forearms on the floor making parallel lines. (modification: knees down)
- Curl your toes under and press up into an elbow plank and start timing yourself.
- Hold the plank for as long as you can.
- Remember to breathe!

RESULTS:

Excellent: Holding the position for 60 seconds or more

Good: Holding position for 30 - 59 seconds

Needs Work: Holding position for less than 30 seconds