# IMPROVE YOUR PLANK

A four-week progression for the forearm plank, used by every branch except the Air Force strength component.

## FORM THAT COUNTS

- Forearms on the ground, elbows under your shoulders
- Straight line from head to heels: no sagging hips, no raised hips
- Squeeze your glutes, brace your abs, and keep your neck neutral
- Breathe steadily; holding your breath ends the hold early

## FOUR-WEEK PROGRESSION

| Week | Sessions | Work |
|---|---|---|
| 1 | 3 per week | 3 to 4 sets at 60 to 75 percent of your current max, 60 to 90 seconds rest |
| 2 | 3 per week | Add 10 to 15 seconds to every set |
| 3 | 3 per week | Add another 10 to 15 seconds and one more set |
| 4 | 2 easy, then test | Two short sessions early in the week, then test your max |

## SUPPORTING EXERCISES

- Side planks, 2 to 3 sets per side
- Dead bugs and glute bridges, 2 to 3 sets of 10 to 15

## COMMON MISTAKES

- Testing your max every day instead of building time under tension
- Letting form break down to chase seconds that won't count on test day

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