



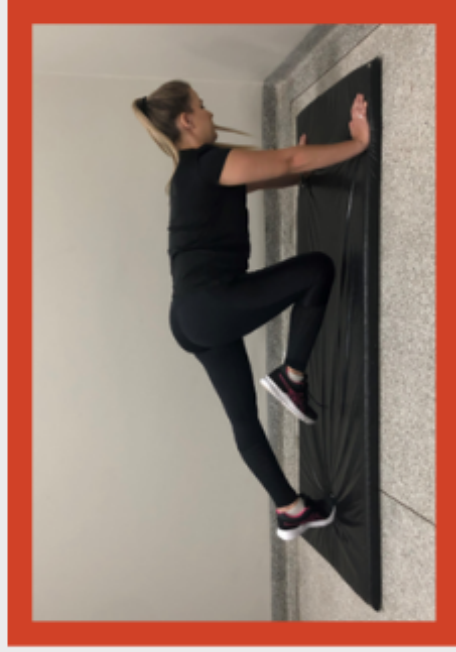
# CORE EXERCISE

## LEVEL 5 - ONE LEGGED PLANK

@M\_Pazzinatto  
@DrDanilo\_Silva  
@TREK\_group

### INSTRUCTIONS

- Start with hands on the floor
- Bring one knee to chest while holding
- Keep even weight through hands and foot
- Maintain a straight back and hips
- Don't let hips rotate or drop
- Should feel fatigue in core/abs area
- Complete on left and right legs



**Sets: 3 each leg**

**Hold for: 60 seconds**

**Rest for: 60 seconds  
between sets**



### 5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



0 No Pain      2      5      10 Worst Pain Possible

- 1 Ideally keep pain < 2/10 during your activities if possible
- 2 Do not exceed 5/10 pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person.