



## **Physical Activity Strength Challenge – Low Plank**

The goal of the Physical Activity Strength Challenge is to measure participants' core muscle strength, encourage physical activity, goal setting, and sustaining a healthy life. Strength will be measured through the **Low Plank**, which youth may or may not be familiar with through their physical education classes in school. Through proper instruction and execution this challenge will give youth the opportunity to practice goal setting skills by striving to improve their core strength through being active during T.R.A.I.L. implementation.

### **When to Implement**

The Physical Activity Strength Challenges must be implemented following **even-numbered chapters** of the T.R.A.I.L. curriculum (i.e. chapters 2, 4, 6, 8, 10, and 12). If chapters are taught over multiple days/sessions then the youth should be introduced to the challenge on the first day the chapter is taught and tested on the last day the chapter is taught. The T.R.A.I.L. Coordinator should encourage youth to practice in order to improve their skills, though practice is not required.

### **Materials Needed**

- Stop watch
- Clean, flat surface
- Pen/pencil
- Recording sheets
- Clip board

### **Procedure**

The aim of this test is to hold an elevated position for as long as possible. Start in a push-up position and then have the participant lower only their upper body to their elbows and forearms. The front of their body should be off of the floor in push-up position, but with their forearms, rather than their palms, holding them up. The hips are lifted off the floor creating a straight line from head to toe. As soon as the subject is in the correct position, the stopwatch is started. The test is over when the subject is unable to hold the back straight and the hip is lowered or raised.

### **Scoring**

The score is the total time completed with correct form measured in seconds.

### **Instructions**

#### **Low Plank**

1. Start in a push-up position
2. Lower only their upper body to the elbows and forearms. The front of their body should be off of the floor in push-up position, but with forearms, rather than their palms, holding them up.
3. Breathe normally
4. Hold for as long as possible