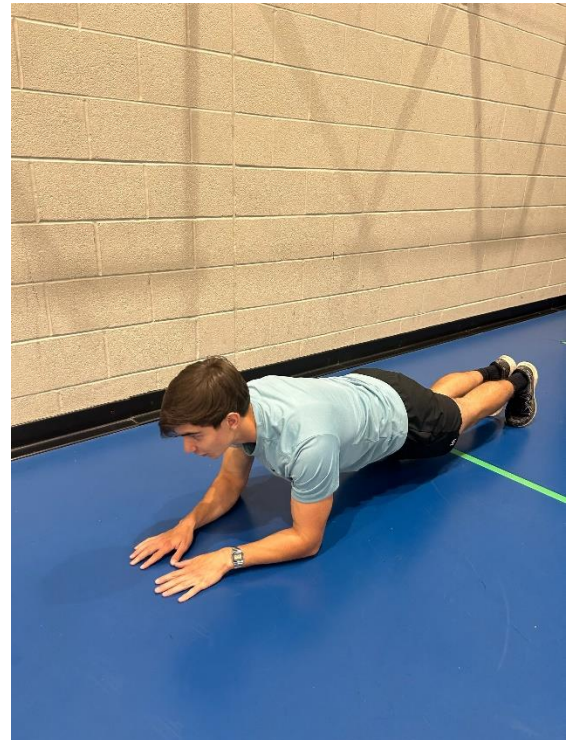
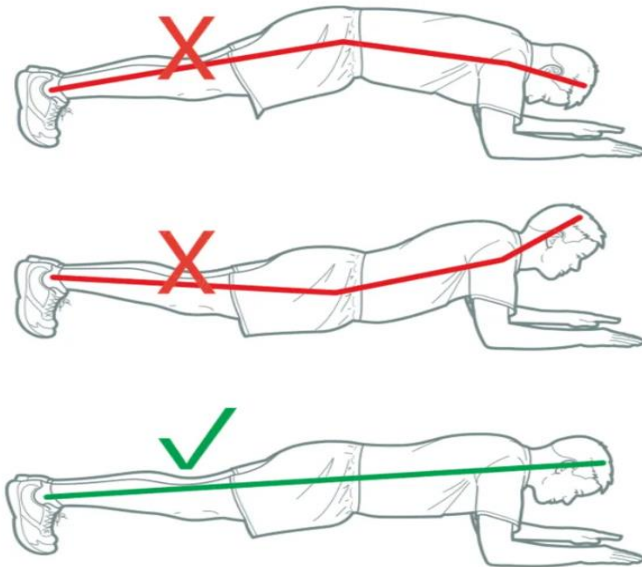


THE PLANK

1. Objective of the plank:
 - a. The objective of the plank is to assess the strength and endurance of the abdominal muscles.
2. Conducting the plank:
 - a. have the cadet lie on their stomach, resting their forearm flat on the floor, with their elbows directly underneath their shoulders;
 - b. on the command “start” the cadet will lift their hips upward until their back is straight, and they are resting on their toes and forearms.
 - c. the scorekeeper will start a timer when the cadet is in the proper position



3. Scoring the plank:
 - a. the scoring for the plank is based on the number of minutes and seconds a cadet can hold the plank in the proper position;
 - b. the scorekeeper will stop the timer when a second form correction is made, or the cadet can no longer continue.
 - c. Form corrections include:
 - (1) the cadet's back is arched (see first diagram above); or
 - (2) the cadet's back sags (see second diagram above).