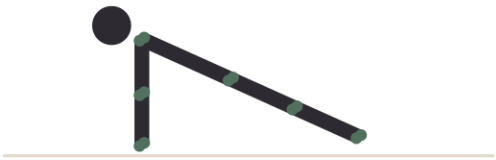
yogalike

Plank Pose

Phalakasana · Beginner



1. Start on hands and knees, hands under your shoulders.
2. Step your feet back one at a time, toes tucked.
3. Press the floor away and straighten your arms.
4. Lengthen from your shoulders to your heels, hips in line between them.
5. Breathe steadily and press back through your heels.

What to feel for

Shoulders stacked over wrists.

Hips in line — neither lifted nor sinking.

Legs long and active, heels reaching back.

Shoulder blades spread wide across your back.

Variations



Full plank



Knees down



Forearm plank

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=plank&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.