

# **Planks for Abs – 6 Reasons Why You Should Plank Daily**

Planks for abs helps firm up your abs at home without any expensive equipment. Here are six good reasons why you should do planks daily. Planking is one of the most popular exercises that can be performed almost anywhere, and without any equipment. Though it looks pretty simple, it can improve your fitness level as it can workout several muscle groups at once.

Following are six reasons why you should include planking in your daily workout routine.

## **Planks for Abs Enhances Your Core Strength**

One Planks for abs can enhance your core strength. One of the main benefits of performing planks is that they can improve your core strength. This involves the muscles and joints that connect your upper and lower body. When you bend, turn, or lift things, you are engaging the core. Hence it is just important to work out your core muscle groups. Once you do this regularly, you will become stronger and make the completion of everyday tasks much easier.

## **Planks for Abs Gets Your Stomach Flat**

Two. Planks for abs can help you have a flat stomach. Planking is more effective in making your stomach flat and toned compared to crunches. In fact, an editorial by the Navy Times states that crunches can even lead to back injuries. Furthermore, according to the Journal of Strength and Conditioning, planking exercises engage 100% of your abdominal muscles while crunches only workout around 64 percent of them.

## **Plank Exercise Routines Strengthen Your Back**

Three. Planking can make your back stronger. The problem with other core strength workouts such as crunches and sit-ups is that they can injure your back. On the other hand, planking can strengthen your back muscles, particularly the upper back. Moreover, because planking involves maintaining a neutral spine, as opposed to constant flexing, your spinal column does not experience constant strain.

## **Planks Enhance Your Posture**

Four. Plank exercise routines can enhance your posture and balance. When you regularly perform planks, you will have better posture and balance. This also means that you will be able to stand and sit straighter without difficulty. Keep in mind that your core muscle group has a significant affect on the other muscles of your body and can even prevent or alleviate postural problems.

## **Planks Improve Flexibility**

Five. Planking can improve your flexibility. Since planks can also expand and stretch the muscles around your shoulders, hamstrings, collarbone, feet, and toes, this form of exercise can offset the natural loss of muscle elasticity which happens when you get older.

## **Planks Boost Metabolism**

Six. Planking can boost your metabolism and lead you to burn fat more effectively. Although planking doesn't necessarily beat cardio exercises regarding burning fat, this form of strength training is also effective in toning down excess fat and can increase the rate of your metabolism even after you've done the workout. According to studies, for every pound of

muscle that you GAIN you will be able to burn approximately 50 calories more each day.

## **Finally**

Final thoughts. In the fitness world, bodyweight exercises are increasingly becoming widely accepted because of the practicality of using your bodyweight to get fit. Truly, planking is one of the bodyweight exercises that won't go out of fashion.

Aside from not requiring any equipment and a significant amount of time to perform, the many forms of planking exercises can also help you achieve significant results when done right.

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