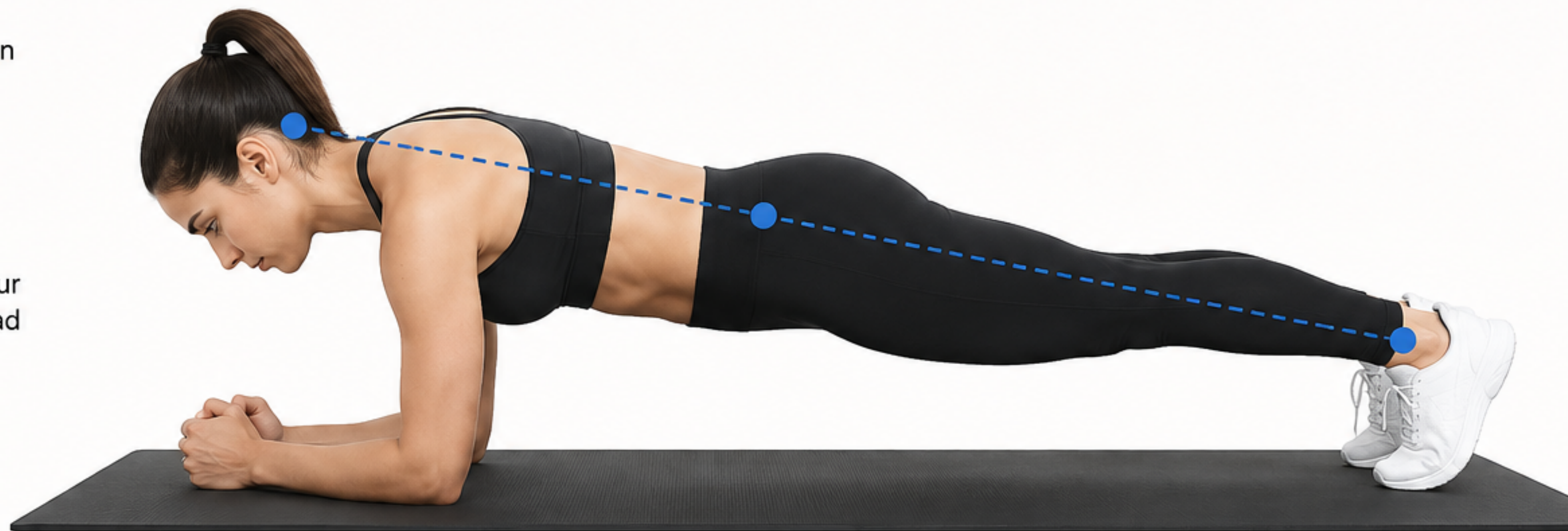


PLANK

HOW TO DO IT

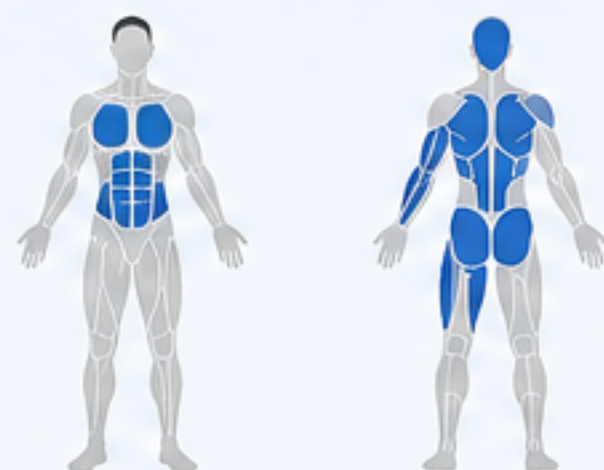
- 1 Start in a forearm plank position with your elbows under your shoulders.
- 2 Extend your legs behind you and rest on your toes.
- 3 Engage your core and keep your body in a straight line from head to heels.
- 4 Hold this position for the desired amount of time.



TIPS

- Keep your core tight
- Don't let your hips sag or pike up
- Breathe steadily

MUSCLES WORKED



BENEFITS

- Strengthens your core
- Improves stability and posture
- Supports overall functional strength