

THE PLANK



1. Lie on your front with your forearms on the ground, hands beside your head.

2. Tighten your stomach muscles, clench your buttocks and push up into a flat plank.



3. Hold this position for a count of ten then smoothly lower back down. Repeat 5 to 10 times.

If you feel any tension in your lower back while holding the position, lower back down and make sure that your stomach muscles are tight and buttocks clenched before pushing up again into the plank. Also, don't forget to breath while you hold the position.