

The Plank :



- 1) Start on your elbows and knees, with your forearms parallel.
- 2) Straighten your legs and raise your body so that you're supported by the balls of your feet, with feet hip-distance apart. Face the floor, being careful not to arch your back or stick your bottom in the air.
- 3) Hold this position for 10 seconds.
- 4) Rest, and then repeat for 8 seconds.
- 5) Rest then repeat for 5 seconds.

As you find this easier you can increase the time you hold the position for, or extend the elbows to make the full plank as shown below.



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