

PLANK



Starting Position

- Lie on your stomach and prop yourself up onto your elbows
- Engage your pelvic floor and lower abdominal muscles in this position before you move



Movement

- Exhale and lift up onto your knees
- Keep your lower abdominal and pelvic floor muscles engaged to maintain this position
- Make sure it is your abdominal muscles doing the work and not your back or shoulder muscles taking all the strain
- Hold this position for 5 seconds initially before returning to the starting position
- As your strength and endurance increase you will be able to increase the time you can hold in this position
- Repeat 5 times

Notes:

- You should have a nice line from your knees up to the top of your head
- Your lower back should not be arched
- Look down between your hands to keep your neck long