

THE PLANK



(THE HIGHER THE CHAIR THE EASIER
CAN ALSO BE DONE ON THE FLOOR)

HANDS OR FOREARMS ON THE SURFACE
(SEAT OF A CHAIR, COFFEE TABLE, WINDOW SILL, OR FLOOR)

HANDS OR ELBOWS SHOULD BE POSITIONED
UNDER THE SHOULDERS.

EXTEND YOUR LEGS BACK AND
RAISE ONTO YOUR TOES.
HOLD FOR 10 SECONDS
WALK YOUR FEET IN AND RELAX, REPEAT.



WORK UP TO 6-10 TIMES AND PROGRESS TO INCREASING YOUR PLANK TIME.

THE CLOSER TO THE FLOOR THE MORE CHALLENGING IT BECOMES.