

Plank



Muscle Group: Core (abdominals) | **Sets & Reps:** 3x15 seconds | **Equipment:** Body weight

Instructions

1. Start laying on the ground with hands directly under your shoulders with your fingers pointing out.
2. Push up and extend your arms with your back and legs forming a straight line.
3. Hold this position for 15 seconds.
4. Repeat this 3 times (3 x 15).

Tips & Modifications

- Drop down to your knees, making sure your back and legs are still straight.
- More experienced or advanced participants, try to hold the plank for 30 seconds or do a low forearm plank instead.
- Beginner Tip: Spread your feet further apart for more stability.



Click here or scan the QR Code to the right to watch video instructions!

