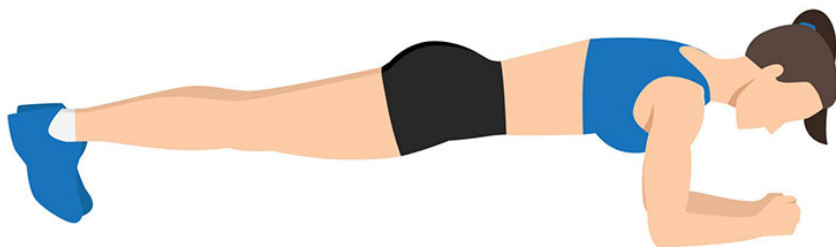


Plank



Plank Instructions:

1. Get into a push up position, with your elbows under your shoulders and your feet hip-width apart.
2. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line.
3. Hold for as long as possible. Try to build up to a 1-minute hold or longer.

Proper Form and Breathing Pattern:

- Keep your core engaged, your abs tight, and breathe slowly and deeply. Maintain your body in a straight line and maintain a tight core.