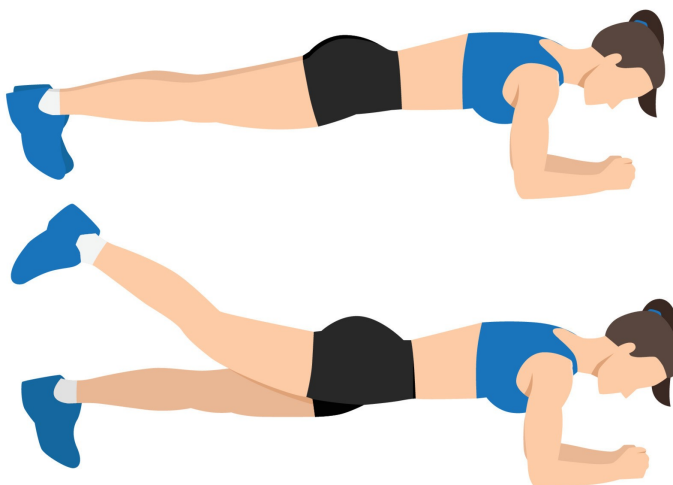


Plank Leg Lifts



Plank Instructions:

1. Start in a low plank position with your body in a straight line, your elbows bent and under your shoulders, and your feet hip-width apart.
2. Lift your left leg to a 45-degree angle and hold.
3. Switch legs and repeat.

Proper Form and Breathing Pattern:

- Keep your core and glutes engaged at all times. Maintain a flat back and leveled hips.
- GOAL: 3 sets of 10 reps.