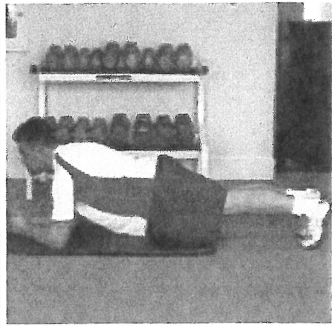


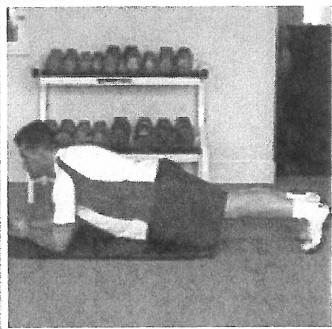
## Plank - Beginner

### Instructions



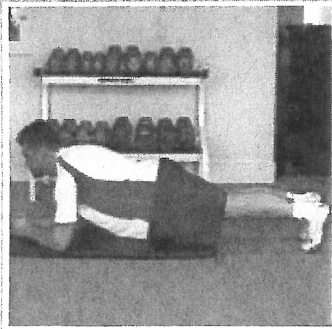
**Step 1:**

Start on your stomach with your hands placed in a prayer position, making sure that your shoulders are in line with your elbows.



**Step 2:**

Keeping your hips tight, your glutes contracted and your back straight, lift your body up so that you are supporting your body weight on your elbows and toes.



**Step 3:**

Maintain this position for desired length of time or until the back begins to strain and your hips begin to sag.

You want to work up to holding this position for 1 minute, and do this exercise twice a day for the rest of your life.

**Purpose:**

Strengthen your core muscles (abdominal and back).