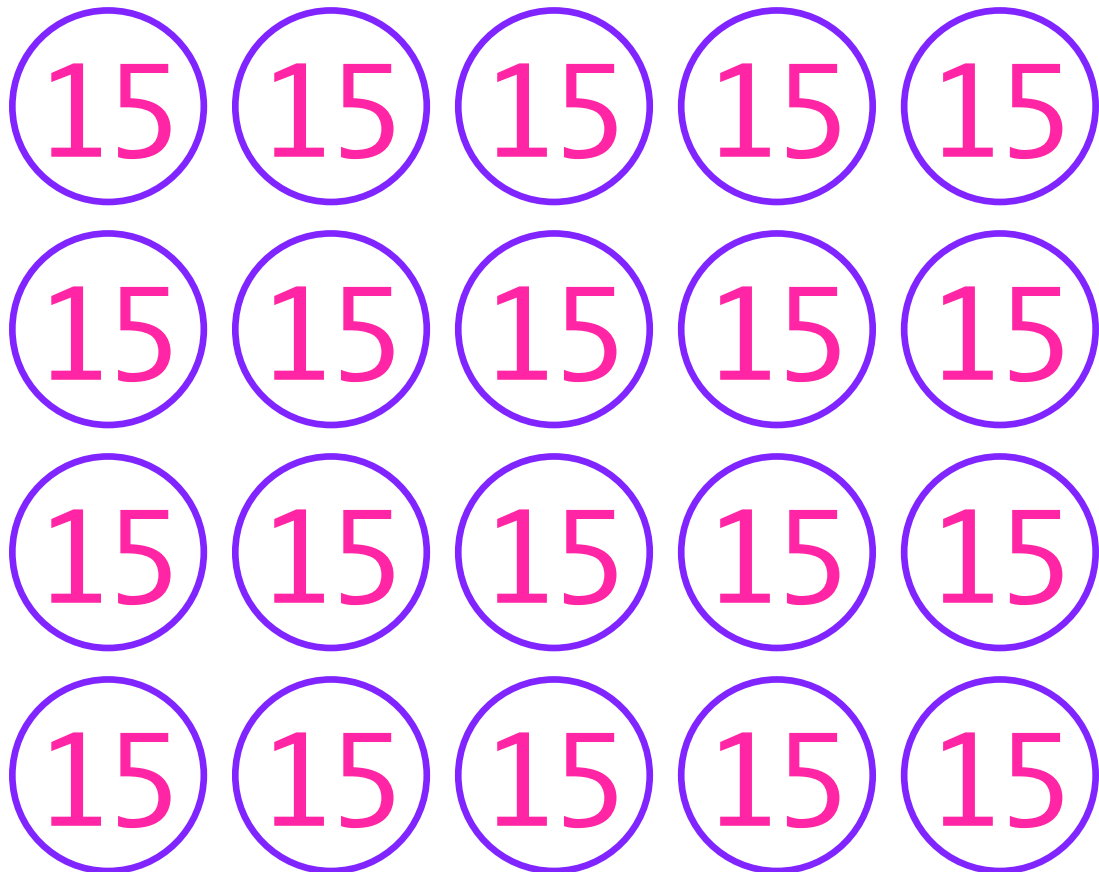


5 MINUTES OF PLANKING A WEEK

Day started:



Plank instructions

Please note that the plank is a static exercise (ie the position is held for several seconds), which means you shouldn't do it if you have high blood pressure.

Kneel on the floor, then lean forwards and put your hands on the floor, making sure your shoulders are directly above your elbows

Straighten one leg out behind you, with the toes on the floor

Engage your core strongly and extend the other leg behind

Your body should be making a straight line – if possible check in a mirror or ask someone else to check. Now just hold the position.

