

**Plank**

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- On a padded surface, lie on your stomach face down
- Place your elbows under your shoulders, and place your hands in front of your shoulders or grasped together
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Pushing up on your toes, support your weight on your elbows and toes
- Keep a straight line from the back of your head to your heels, don't sag or pike up your hips
- Don't sag in your shoulders, actively push your elbows down, keeping your eyes to the floor
- Hold this position for 30 seconds, or as long as you are able. Rest for 30 seconds and repeat 5-10 times

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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