

Plank

Phase 1 - Beginner

- Begin on the floor on your hands and knees
- Walk your hands forward and go down to your forearms
- Your elbows are going to be directly underneath your shoulders. You may either have your hands flat on the floor in front of you, or in fist position, whatever is easiest for you
- Your neck will be in neutral position
- Contract your abdominal region by tilting your pelvis forward

**If this hurts your low back you are doing it incorrectly. Contract your abdominals more.*

