

## Plank

### To strengthen core muscles.

Lay face down on floor, toes down, elbows under shoulders, palms together. (See photo at left.)

Then contract core muscles and lift body up, keeping back **straight** and bearing weight on the toes and forearms. (See photo below.) Hold as long as you can, contracting abdominal muscles. *Don't hold your breath!*



*DISCLAIMER: The material provided here is solely for general education and informational purpose. It is neither medical nor healthcare advice for any individual problem. It is also not intended to be used for medical treatment. Always seek the advice of your physician or other qualified healthcare providers regarding your particular situation.*