

The Plank



What to do:

- ✓ Perform a plank for 25 seconds.
- ✓ Rest for 1 minute, then perform again.

How to do it:

- ✓ Start in a push-up position, then bend your arms so that you are resting on your forearms.
- ✓ Ensure your body is as straight as possible.
- ✓ Keep your stomach muscles tight while you hold the plank position for 25 seconds.