Title: Knee Plank

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie face down on the ground with your legs together and your arms at your sides. Position your hands beneath your shoulders.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms. Your feet, shins, and knees will remain on the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Do not allow your hips to drop down. Hold the tension in your core for the prescribed amount of time. Slowly release back to the starting position. </span></li>

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