Title: Plank

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li>Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.</li>

<li>Extend your legs straight out behind you, supporting them on your toes and balls of your feet.</li>

<li>Keep your body in a straight line by tightening your abdominal and oblique muscles.</li>

<li>Hold for as long as possible.</li>

</ol>