Title: Plank Knee to Elbow

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Obliques, Shoulders

Summary: <ul>

<li>Lay face down on the ground with extended legs.</li>

<li>Point your toes while you place your hands beneath your shoulders.</li>

<li>Push yourself up into the plank position.</li>

<li>Maintaining a tight core and flat back, bring your left knee to your right elbow.</li>

<li>Pause and slowly return each to the starting point.</li>

<li>Repeat with the other side and keep alternating.</li>

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