Title: Plank Rolls / Planks

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lock yourself in the plank position ensuring that your body forms a straight line from shoulders to heels. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring your feet together and simultaneously transfer your weight onto your left arm.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Allow your feet to slowly tip over as your body rolls into a side plank in a controlled fashion.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Reverse the motion back to the full plank before transferring to your right side. </span></li>

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