Title: Plank Shoulder Taps / 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 push-up 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 right arm off the ground and touch your left shoulder before placing it back on the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Repeat the same movement for the opposing arm. </span></li>

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