Title: Plank to Push-Up / Pushups / Walking Plank Up-Downs

Primary Muscle Groups: Abs, Shoulders

Secondary Muscle Groups:

Summary: <ol>

<li>Start in the plank position with your elbows shoulder-width apart.</li>

<li>Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line.</li>

<li>Slowly return to the starting plank position the same way, one arm at a time.</li>

<li>Repeat the movement alternating sides.</li>

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