Title: Reverse Plank Kicks / Planks

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Place your hands on the floor with your fingertips pointing towards your lower body and place your feet together.  </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Elevate your body engaging your core muscles to hold yourself steady.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Contract your lower abdominal muscles and lift your right leg off the ground to around a 45-degree angle. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your right leg back down to the ground before repeating the movement for your left leg. </span></li>

</ol>