Title: Star Planks

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">From a push-up position walk your hands and feet away from the centre of your body until you form an ‘X’ shape.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Engage your core and hold this position for the designated amount of time. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Walk your hands and feet back into a push-up position to complete the exercise.</span></li>

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