

## **Plank Exercise Guide**

1. **Exercise Name:** Plank
2. **Number of Reps:** 3-5 reps (hold for 30-60 seconds each)
3. **Instructions:**
  - Start in a forearm plank position with your elbows directly under your shoulders.
  - Keep your body in a straight line from head to heels.
  - Engage your core and hold the position.
  - Avoid letting your hips drop or rise too high.
4. **Equipment Needed:** None
5. **Time Required:** 5-10 minutes