

PLANK/HAND PLANK

BENEFITS:

- 1. Planks are one of the best core exercises**
- 2. Planks will improve your posture**
- 3. Planks help get rid of back pain**
- 4. You'll become better coordinated**
- 5. Planks improve your flexibility**
- 6. Planking will improve your metabolism**
- 7. Your mood will improve**