Instruction Plank

The plank is an exercise where you keep your body from touching the ground and only your elbow and toes touch the ground. The exercise is for improving your core strength and your belly strength.

Requirements:

* Gym clothes
* Soft mat

Step 1: place the mat on the floor where you have enough space to lie down.

Step 2: go down on your knees and place both hand flat on the mat surface.

Step 3 now place your feet on the mat and then make sure that only your toes are touching the mat.

Step 4 when this is done you only have to lie down your elbows on the mat to make sure that your back is straight like a plank.

Final Step: And know keep this posture if you want to improve your core strength.

PS:there is no set time to hold the plank pose, you have to decide yourself if you are done.

So, know you too can perform the plank exercise in only 5 steps, it is that easy. But if you still fail to execute the exercise then we recommend watching a detailed video for more help.