

Core Strengthening -Prone Plank



Keeping your stomach and buttocks tight.
Hold this position for 5-10 seconds. Repeat 10x.



Keeping your stomach and buttocks tight. Raise one leg off the table, hold for 5-10 seconds. Repeat 10x. Now try the opposite leg.



Keeping your stomach and buttocks tight. Lift opposite arm and leg off the table. Hold for 5 - 10 seconds. Repeat 10x on each side.