

Front Plank | Hands and Feet



Plank hands and feet

Preparation:

- Lie flat on the floor

Execution:

- Rise up on hands and feet, holding your body flat as a plank

Front Plank | Forearms and Feet



Start on stomach



Plank on forearms and feet

Preparation:

- Position yourself on knees and forearms

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch

Front Plank | Forearms and Knees



Start on stomach



Plank on forearms and knees

Preparation:

- Position yourself on forearms and knees

Execution:

- Make your body flat as a plank from head to feet
- Keep trunk engaged, do not let lower back arch