Front 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

**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

**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