

# Plank

## Phase 2-Moderate

- Begin on the floor on your hands and knees
- Walk your hands forward and go down to your forearms
- Your elbows are going to be directly underneath your shoulders. You may either have your hands flat on the floor in front of you, or in fist position, whatever is easiest for you
- Your neck will be in neutral position
- Contract your abdominal region by tilting your pelvis forward
- Come up to your toes, continuing to contract your core

*\*If this hurts your low back you are doing it incorrectly. Contract your abdominals more*

- \*If you are able to stay in this position for one minute, you are ready to move onto advanced plank



Place a dyna disc underneath the toes as you come up into plank for

## *Advanced Plank with Dyna Disc*

