

KILLERCOACH



Prone planks:

Get into a strong and solid push-up position with your hands directly under your shoulders. Elbow creases should face each other and fingers face forward.

Push into the ground so that your shoulder blades are held tightly on your upper back, tighten your stomach and legs.

Hold 15 seconds to start, then progress to 30, 45 and 60 seconds over many workouts to keep it challenging.

Try some variations to mix it up and work your stabilizing muscles - like alternating legs or arms or opposite arm and leg lifts if you are brave.

Do not let your shoulders, hips or abdominals dip. If you start to lose form this is your cue to stop. Make sure you look straight down between your hands and extend your neck long.

Do 3-6 reps