



*Please note: These exercises are only to be performed under the supervision of a qualified healthcare practitioner or in combination with a treatment plan that is designed specifically for you. You should not experience any pain during these exercises - always go into each plank slowly and gently, stop if you feel any pain or strong pulling.*

## Planks

- Ensure that you maintain proper alignment throughout the exercise
- For every plank, ensure that your shoulders, hips and knees are in line, and that the whole spine is in its neutral position.

### Prone Plank from feet

- Pull your shoulders down and towards the spine/midline; don't let them ride up towards your ears.

Hold: 30 seconds

Repeat: 3 times



### Side Plank from knees

- Make sure your pelvis is not turned to the floor; push your hips forward ensuring that they line up with your shoulders and knees

Hold: 30 seconds

Repeat: 3 times



### Side Plank from feet

- Feet should be positioned with the top foot in front of the bottom one, heel to toe.

Hold: 30 seconds

Repeat: 3 times

