

Home Exercises

8 Point Plank

Lay on your stomach with your arms out in front of you. Toes on the floor pointed towards your head as much as possible. Elbows should be positioned slightly in front of your shoulders. Spread your fingers as wide as possible. Now raise your hips off the floor, coming into a plank position - while hands(2), elbows(2), knees(2) and toes(2) remain touching the floor - representing the "8 points" in this plank's name. Hold this position for 10 seconds, remember to continue to breathe - then come back down slowly.

(Modified Version: Align your elbows underneath your shoulders)

