

WEIGHTED PLANK



1. Lie face down on the floor while supporting your body's weight on your toes and forearms while placing a 'Light-Medium' weight plate on your lower back just above your glutes & tailbone area. Your elbows should be right below your shoulders level, and your feet should be at about hips width apart. This will be your starting position.
2. Use your core muscles (abdominals & lower back muscles) to hold this suspended position with your entire posture kept perfectly straight while parallel to the floor.
3. Hold this position for the recommended amount of time.

CAUTION: STOP immediately if you felt any sharp pain in your midsection (abdominals or lower back) while performing this exercise.

ALTERNATIVE EXERCISES: [Air Bike](#) / [Bench Crunches](#)

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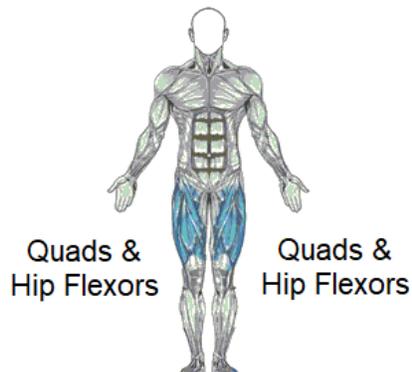
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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