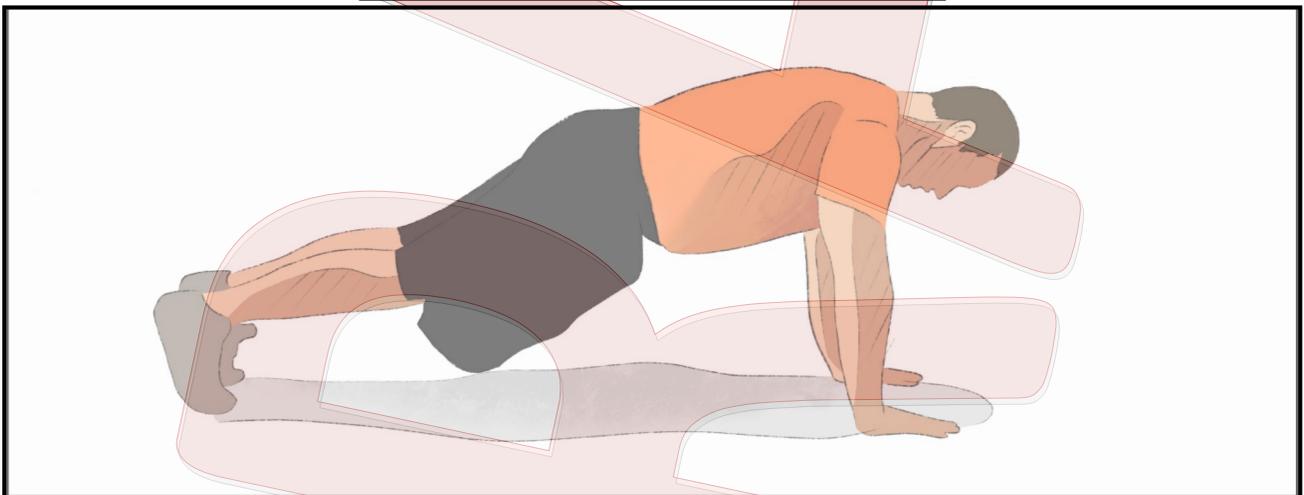


Exercise Spotlight

High Plank [Hold, Extended Position]

Muscles Worked	- Rectus Abdominis, Transverse Abdominis, Erector Spinae
Benefits	- Improve core strength, posture, and balance - Increase flexibility while reducing the risk of back and spine injuries
Precautions	- Establish a neutral hip position in a high plank, then focus on maintaining that neutral hip position as you move out into an extended high plank position
Instructions	- Set yourself in a high plank to begin, with the hands under the shoulders, feet hip-width apart, a neutral hip position, hips at shoulder height, and vision down towards the ground - Walk your feet back, alternating one foot at a time, until you are in a position where your hands are past your shoulders. Hold this position, breathe, and focus on remaining locked into a neutral hip position - When your effort is complete, walk your feet back into a high plank, drop down to your knees, rest, and repeat for a desired number of sets

Start and Finish



Hold Position

