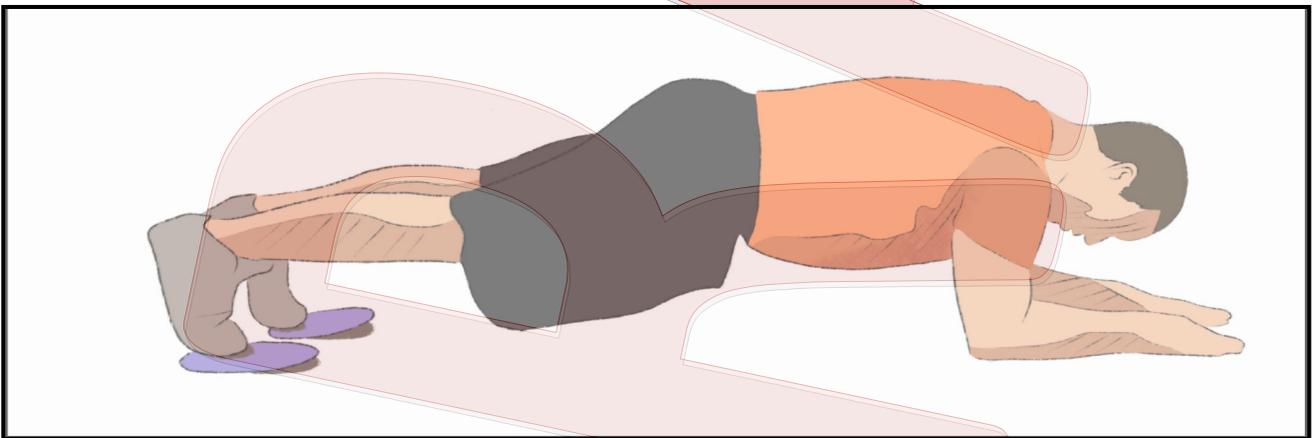


# Exercise Spotlight

## Low Plank [Body Saw, Gliders]

Muscles Worked	- Rectus Abdominis, Transverse Abdominis, Erector Spinae
Benefits	- Train the abdominals by learning how to resist lumbar extension - Improve core strength, posture, and balance - Reduce the risk of back and spine injuries
Precautions	- The primary focus of this exercise is to resist the temptation to over arch, or extend, at the low back. Whatever range of motion you choose to operate in, ensure that you always remain in a neutral hip position
Instructions	- Set yourself in a low plank with the elbows under the shoulders, feet hip-width apart, a neutral hip position, hips at shoulder height, vision down towards the ground, and toes on a pair of gliders - Inhale as you slide yourself back so that your shoulders move behind your elbows, and focus on staying locked in to a neutral hip position as you do so - Exhale as you pull yourself back into starting position, with the elbows under the shoulders, and repeat for a desired number of repetitions, moving with a controlled tempo throughout

Start and Finish



Mid Point

