

# Exercise Spotlight

## Low Plank [Hold]

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|----------------|---|
| Muscles Worked | - Rectus Abdominis, Transverse Abdominis, Erector Spinae, Deltoids  |
| Benefits       | <ul style="list-style-type: none"><li>- Enhance core strength</li><li>- Promote posture and balance</li><li>- Decrease the risk of injury</li></ul>   |
| Precautions    | - Focus on maintaining a neutral pelvic position throughout the duration of the exercise, ensuring that there is no excessive anterior or posterior tilting of the hips   |
| Instructions   | <ul style="list-style-type: none"><li>- Set yourself in a low plank with the elbows under the shoulders, feet hip-width apart, a neutral hip position, hips at shoulder height, and vision down towards the ground</li><li>- Concentrate on staying still, creating as much tension as possible through the entire body and maintaining a stiff and rigid torso</li><li>- Hold this position as long as you can without breaking form, rest, and repeat for desired number of sets</li><li>- This is an isometric exercise. That means that the objective is to stay still while creating and maintaining tension throughout the body. A still head position, stable shoulders, an open chest, a neutral hip position, engaged abdominals, and an effort to keep the knees straight with the glutes and quadriceps flexed are valuable cues and reminders to think about as you practice.</li></ul> |

Start and Finish

