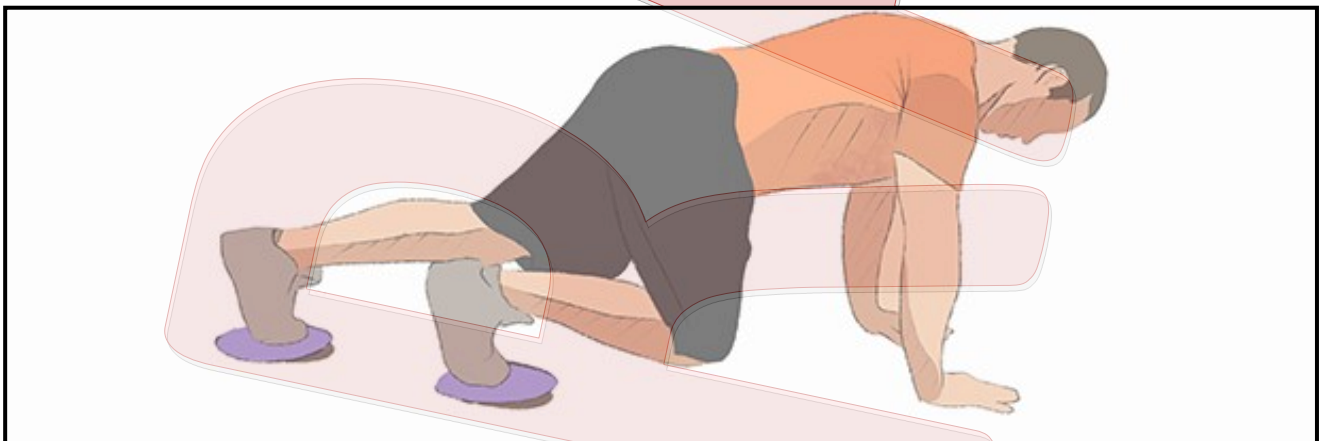


Exercise Spotlight

High Plank [Mountain Climber, Gliders]

Muscles Worked	- Hip Flexors, Rectus Abdominis, Transverse Abdominis, Erector Spinae, Deltoids
Benefits	- Enhance core strength and coordination - Improve hip mobility and shoulder stability - Boost cardiovascular conditioning
Precautions	- Focus on maintaining a neutral pelvic position and keeping the hips at shoulder height throughout the duration of the exercise
Instructions	- Set yourself in a high plank with the hands 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 - Drive your right knee to the chest while keeping your left leg straight, then drive your left knee to the chest while straightening out your right leg - Continue with this pattern, moving with a controlled tempo, and repeat for a desired number of sets and repetitions

Right Knee Bent and Left Leg Straight



Left Knee Bent and Right Leg Straight

