Standard Plank

1. Plant the hands directly under the shoulders (slightly wider than shoulder-width apart) like you’re about to do a push-up.

2. Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees.

3. Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.

4. Hold the position for 20 seconds. As you get more comfortable with the move, hold your plank for as long as possible without compromising form or breath.