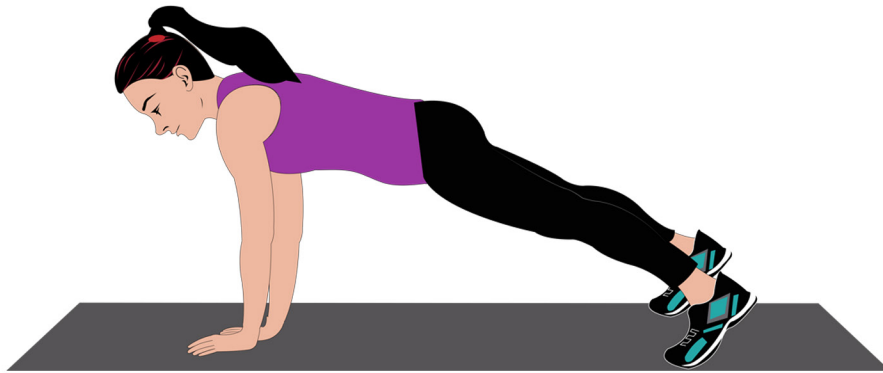
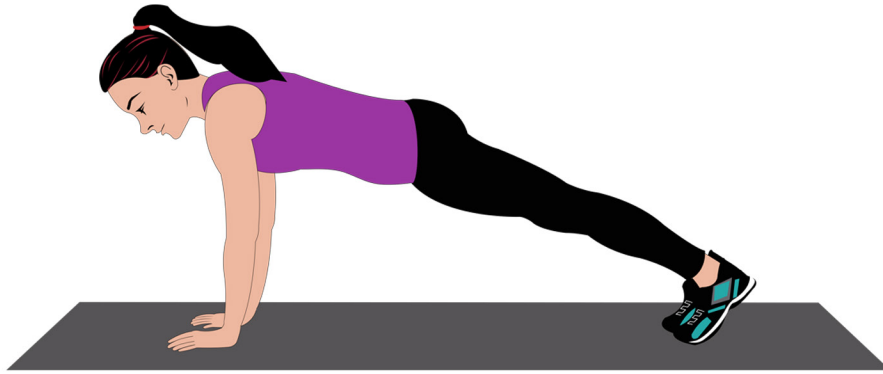




# PLANK JACK



## HOW TO DO IT:

- 1 Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.
- 2 Like the motion of a jumping jack, jump your legs wide and then back together. Keep your pelvis steady and don't let it rise toward the ceiling.
- 3 Repeat jumping feet in and out.

### make it easier:

Hop feet in and out at a slower pace.

### make it harder:

Increase pace of jack-jumping feet in and out as quickly as possible while maintaining a strong core and straight plank position.