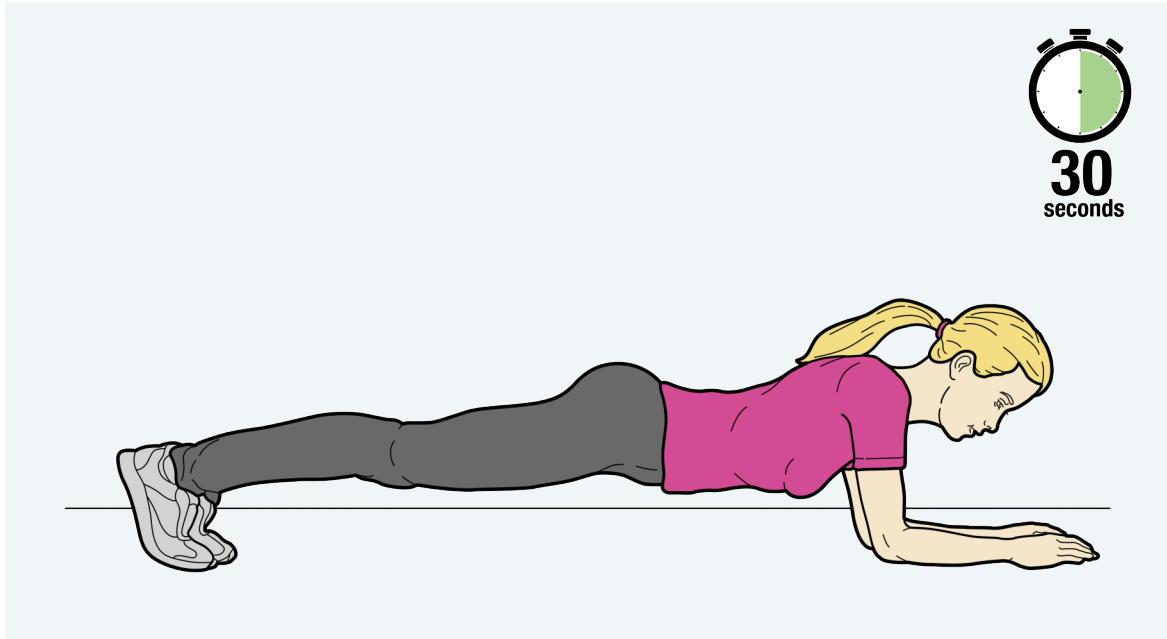


# Activity 23: Plank

Video demonstration



1. Start by lying flat on your stomach. Place your hands under your shoulders. Press your toes into the floor.
2. Push your body up off the floor and hold that position for 30 seconds. If you can't hold your body for 30 seconds, that's OK, just do it for as long as you can.

*Where did you feel it in your body? If it ached or hurt somewhere, notice how the ache or hurt has stopped now you are no longer in the plank position.*

3. Now repeat the plank but this time focus on one of the body parts you identified in step 2.

*Where did you feel it in your body this time in the plank position? Did you feel it in the same place or somewhere new? If you keep practising the plank, your body will get stronger over time and it will get easier. Any ache or hurt will decrease too.*

## Follow-on activity:

*Next time, can you hold the plank for 45 seconds? Then 1 minute?*