

PLANKING



FRONT PLANK

- Rest on our elbows and toes while keeping our body as straight as possible.
- Building the muscles of the forearms, shoulders, chest, and core.
- Hold for 30 seconds initially (increase this hold over time)



RIGHT LATERAL PLANK

- Balance on our right forearm with our right foot resting over our left foot, lift ourselves up, and keep our body as straight as possible.
- Hold for 30 seconds initially (increase this hold over time)



LEFT LATERAL PLANK

- Balance on our left forearm with our left foot resting over our right foot, lift ourselves up, and keep our body as straight as possible.
- Hold for 30 seconds initially (increase this hold over time)

PUSH-UPS



- Do as many as you can and attempt to increase your number over time!



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