

# PLANK CHALLENGE

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# PLANKE CHALLENGE

## Variations

The plank exercise is performed by lying down in a straight plank position, with only elbows and feet supporting the body. It is crucial to engage the core muscles and keep the back in a straight line.

Alternatively, the plank can be done, for example, against a wall or on something of intermediate height like a chair. The plank becomes easier the more upright you are. Therefore, it is easiest against the wall, and then it can be progressed by using something like a table or stool.



**Difficult**



**Moderate**



**Easiest**