

Plank

Advanced with Dynamics

Begin Phase 5 just as you did Phase 4, with your shins balanced on the ball in plank form

- Bring the ball towards you by bending your knees while allowing your pelvis to slightly elevate
- The whole time you will be keeping the core contracted

If your low back hurts, you do not have your abdominals contracted and you're putting all the pressure on your back. Reset yourself in neutral position and make sure you contract the lower core by tilting the pelvis forward.

