

Plank to Lunge stretch

Start: Assume a plank position with arms fully extended, back straight and head neutral. Engage the abdominals to maintain a straight line from head to ankles throughout the exercise.

Action: Flex the left knee and hip and bring the knee to the left shoulder placing the left foot by the left hand. Pause momentarily (1-2 s) to feel the stretch.

Finish: Return to the starting position and repeat with the opposite side. One rep consists of stretching both left and right sides.

