Plank with Heel Lifts

Lie on the floor facedown. Place your elbows on the floor. Lift your knees and hips off of the floor. Keep your body straight like a plank of wood. Draw your shoulder blades down and back to stabilize your shoulder blades.

Exhale and lift your left heel 6-8 inches off of the floor. Try not to lift your hips. Pause briefly. Inhale and slowly return to the starting position. Repeat the exercise by alternating heel lifts.