Plank with Heel Slide

Rectus Abdominus

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.

Erector Spinae (Lower Back)

Exhale and shift your body toward your hands by sliding on your heels. Pause briefly. Inhale and slowly return to the starting position. Repeat the exercise by sliding forward and backward on your heels.