Plank with Hip 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 hips upward approximately 6-8 inches. Inhale and slowly return to the starting position without sagging your back downward.