

## Plank

The plank is an intense exercise that shifts your attention effectively to muscular sensations and away from anxiety.

Plank barefoot or with your shoes on. Lie on the floor on your tiptoes and elbows. Try to keep your whole body straight. Do not elevate or lower your pelvis.

If the exercise is too hard, you can make it lighter by lowering your knees to the floor. Regardless, try to keep your pelvis in a straight line with the rest of your body.

Stay in the position for about thirty seconds. Plank for thirty seconds as many times as you can.

### YouTube video of the exercise

<https://youtu.be/gxfq6wyUFYE>



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