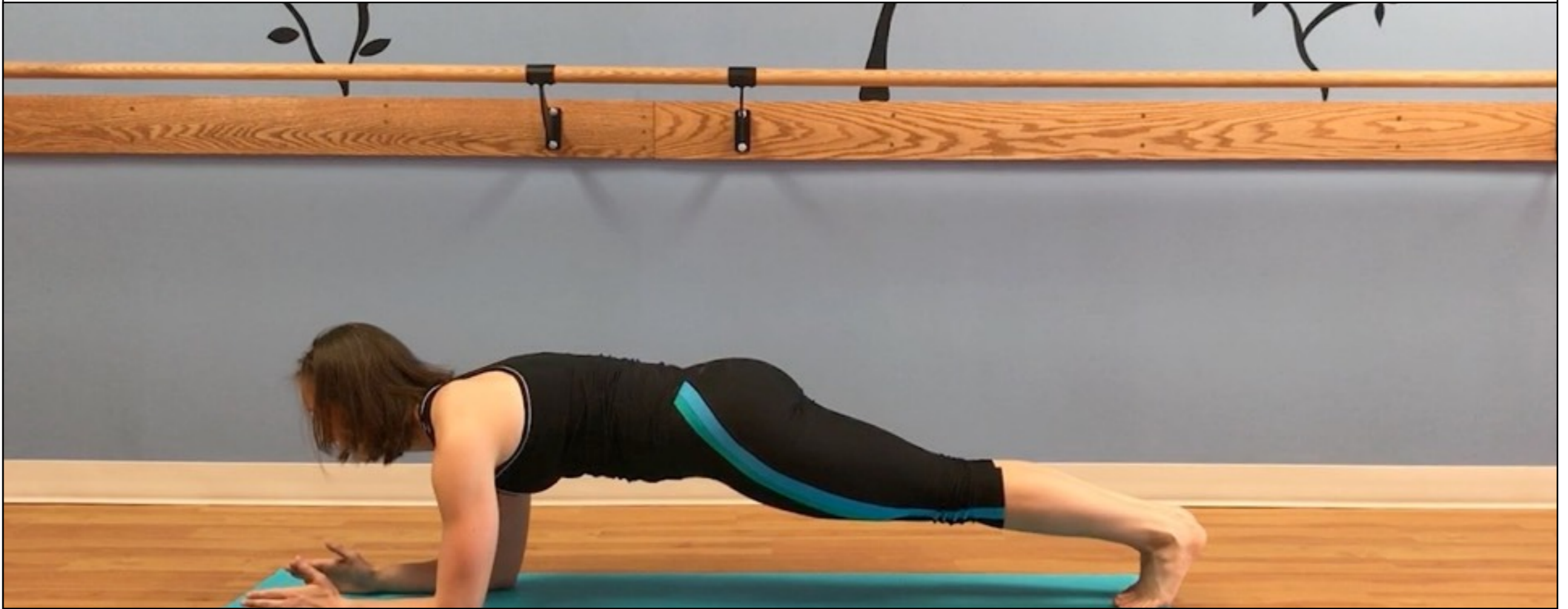


CHAPTER 10

Dolphin Plank



Begin in hands knees pose. Come down onto forearms. Send one leg back, the next to meet. Wrap core to protect lumbar spine. Wrap thighs to assist in core stability. Press back into heels.