



### Standing Plank at the Wall (Wall Plank)

Stand at the wall in a classic runners stretch: hands on the wall at chest height, left toes to the wall, right foot back, toes pointed forward and feet in neutral.

Glide your left knee cap to the wall, right heel descends to the earth and engage navel to spine. Cross your arms on the wall at shoulder height, belly in, chest up and crown of your head up to the sky. Push elbows to wall and feel shoulder blades adhere to ribs cage.

Elbows stay on the wall, open hands away from each other and then press palms together and fire your baguettes. If possible, lift your left foot off the floor with knee off the wall. Hold. Repeat on the other side.