Head to the YouTube video for today to do the 5-minute abs routine with me! Below I’ve explained and broken down the form and modifications for the primary exercises in the routine.

**PLANK**
Set yourself up in plank position, starting with your forearms on the ground.
- Elbows are directly under shoulders.
- Back is long, and strong (think of a plank of wood!).
- Butt is down, but hips not sagging.
- Quads are tight.
- Core is engaged.
- The further apart your legs are, the easier it may be.
- For the walking over, alternate hands lifting your body into a full plank, pressing up on one arm and then the other, keeping those hips square to the ground.
- For the 2-point-plank, lift one leg slightly off the ground, as well as the opposite arm, reaching long and strong. Option to only do the leg lift and omit the arms.
- For a modification, drop to your knees. This modification can be performed on the forearm and hand based plank, as well as the 2-point plank, so feel free to try the walking over on your knees as well!

**DOUBLE LEG LOWER**
Begin on your back, with legs directly over hips, arms reaching for the toes.
- Aim for a 90° angle with the legs over the hips, avoid bringing them closer to your body.
- Slowly lower your arms and legs down, long and extended, bringing the feet as low as you can without hitting the ground.
- Try to keep your back flat on the ground, with no/minimal arch at the lower back.
- Slowly return, bringing your legs back up directly over hips. As you bring your arms up, crunch and lift your arms towards your toes.
- For a modification, bend your knees slightly and/or don’t go quite as low– aim for 45° to start!