



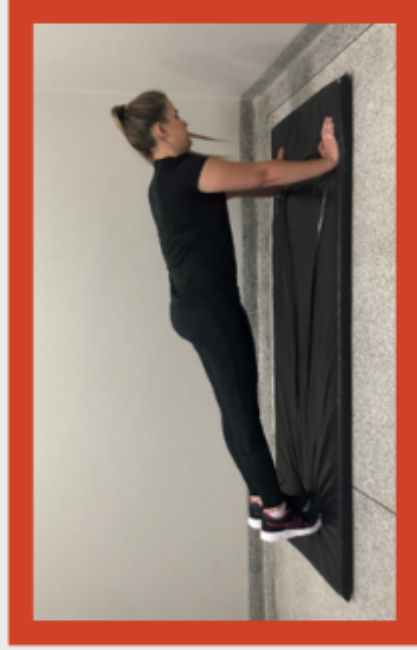
# CORE EXERCISE

## LEVEL 4 - HANDS PLANK

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### INSTRUCTIONS

- Start with **hands on the floor**
- Keep even weight through hands and feet
- Maintain a straight back and hips
- Should feel fatigue in core/abs area



**Sets: 3**

**Hold for: 60 seconds**  
**Rest for: 60 seconds**  
**between sets**



### 5 TIPS TO MONITOR YOUR KNEE CAP PAIN DURING EXERCISE

Use this scale to guide acceptable pain levels



0 No Pain  
2  
5  
10 Worst Pain Possible

- 1 Ideally keep pain < 2/10 during your activities if possible
- 2 Do not exceed 5/10 pain during exercise
- 3 Pain should return to normal levels 60 minutes post-exercise
- 4 Pain should not be increased the following morning post-exercise
- 5 Do your physical activities based on your pain response

These numbers will help you as a guide, however, it may vary from person to person. 