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The plank can be one of the most effective exercises we can do in helping us develop a stronger core so that we have better stability and posture.

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Ada-Ari uploads weekly workouts set to African music. She is a certified, Elite Group Fitness instructor based in Washington, D.C. Ada-Ari teaches, step, aerobics

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### **Jen decurtins about jen**

I m Jen DeCurtins and I am a Charlotte, My core training book, Ultimate Plank Fitness: 101 Plank Exercises for a Strong Core, Killer Abs

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### **Jen decurtins (author of ultimate plank fitness)**

Jen DeCurtins is the author of Ultimate Plank Fitness (4.33 avg rating, 3 ratings, 0 reviews, published 2015) Jen DeCurtins s Followers (1)

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