Get down on your knees. Pull your hands towards your head and your feet away from your body. From there, lift your body, keeping your legs straight. This is your starting position.

1. Place your hands on the floor in front of your chest. Your arms should be shoulder-width apart.
2. Straighten your legs, keeping them together. Your feet should be pointed forward.
3. Lift your body off the floor, maintaining a straight line from your head to your toes. Your arms and legs should be straight and your core engaged.
4. Lower your body back to the starting position, bending your knees and allowing your body to touch the floor. This is one rep.

Repeat the exercise for the desired number of reps.