



A man and a woman are shown in a gym setting, performing a plank exercise. They are both in a low, horizontal position on blue mats, with their forearms and toes on the floor. The man is on the left, wearing a black t-shirt and black shorts, looking towards the camera. The woman is on the right, wearing a grey and pink tank top and black shorts, also looking towards the camera. In the background, there are various gym machines, including treadmills and a stationary bike, and a large window letting in natural light.

[illegible]