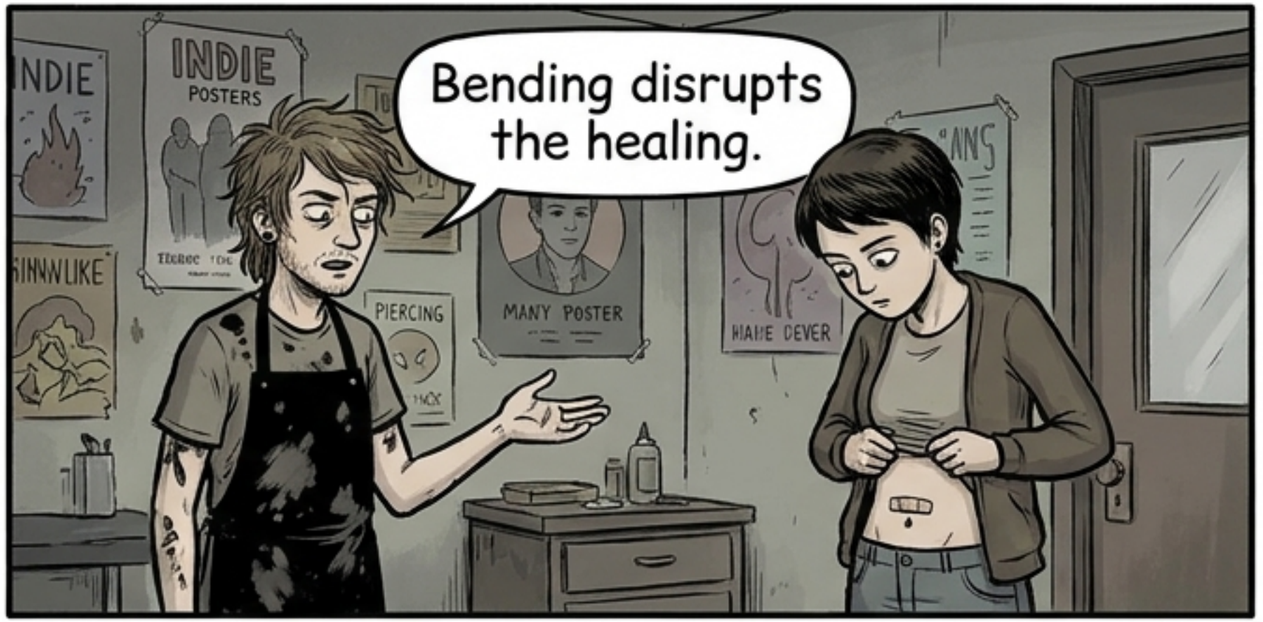

Normal body movements like twisting and bending cause friction that disrupts surface piercings. Becoming human planks is perfectly reasonable lifestyle advice.