

Side Plank: Elbow/Feet

- Lie on your side with your forearm near the elbow on the floor as shown on above.
- Your legs should be straight and your feet together.
- Slowly lift your hips straight up from the floor till your body is in a straight line from head to feet.
- Progress by maintaining this position and lifting your top leg away from the bottom leg as shown.
- Progress by maintaining this position and lifting your top arm straight toward the ceiling.
- Repeat until fatigue holding 2-5 seconds each lift.

