

# Side Plank: Elbow/Knees

- Lie on your side with your elbow directly below your shoulder.
- Your thighs should be straight with your body, and your knees bent at a 90° angle with your feet together.
- Slowly lift your hips off the floor until your body is in a straight line from head to knees.
- Hold the position 2-5 seconds and repeat until you fatigue.

