

Side Plank: Hands/Feet



- Place one hand on the floor and, with your feet together, hold your body in a straight line from your head to your feet with your opposite arm reaching toward the ceiling.
- Hold this position for 5 seconds and lower your hips to the ground. Repeat until fatigued or simply hold the position once until fatigued.
- Progress by maintaining this position and lifting your top leg toward the ceiling.
- Other variations include adding arm or leg movements, closing your eyes, and/or placing a cushion underneath your hand and/or foot.