

Move of the Moment

*A look at Ab int officiatur
reseque sapidus et aut id magnis*

The Side Plank

The side plank is a bodyweight exercise that uses many different muscles. This is a core strengthening exercise that also has benefits for your side muscles and your back. It is easily modified to include additional benefits, making it a highly diverse and beneficial exercise. The exercise can easily be modified to suit beginners and advanced people.

By Anna Wood

Quick Tip

Keep your head in line with your spine when lifting. Are you wobbly? Place the soles of your feet against the base of a wall.

01 Starting position:

Lie on your side supporting your upper body by bending your arm and positioning it directly under your shoulder. Legs extended and feet on top of each other. If you are not strong enough, you can bend your knees.



02 Starting position:

Lift your hips off the floor creating a straight line with your body and lowering it back down again. Focus on squeezing your side muscles, keeping your core contracted at all times.



TARGETS
Internal & external oblique's, transverse abdominals

Amount:

Do 12-15 lifts on the one side and hold at the top on the last count for 10 seconds, repeat three times on both sides.

Variation:

As you get stronger you can make it more difficult by holding a 2kg weight in your hand.

01



02

