



Side Plank

Lie on your right side with your body in a straight line. Have your forearm on the ground with your elbow close to your body. Pull navel towards spine, ribs in, sternum lifted, and shoulders down your back. Push elbow into the ground to lift your body away from the floor as much as possible so that your weight is on your feet and forearm. Elbow should now be directly under your shoulder. Try to keep the right shoulder blade flat and flush against your back, i.e. do not let the shoulder blade stick out. Shoulders and hips are perpendicular to the floor. Hold for _____seconds. Repeat on the left side. Do _____sets.