

SIDE PLANK

HOW TO DO IT

- 1 Lie on your side with your legs extended and stacked.
- 2 Place your elbow directly under your shoulder, with your forearm on the ground.
- 3 Lift your hips off the ground, engaging your core.
- 4 Keep your body in a straight line from head to heels.
- 5 Hold this position for the desired amount of time.



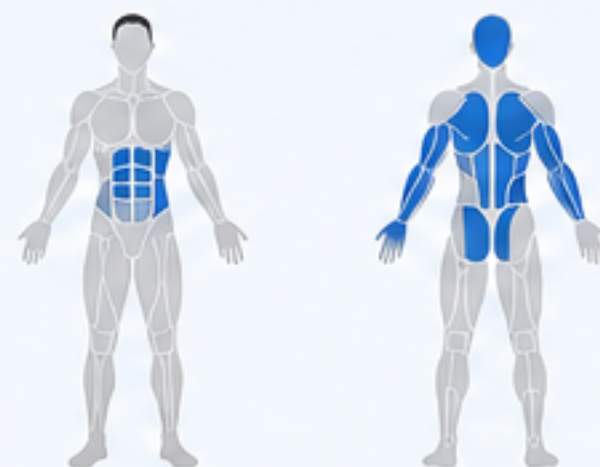
KEY ALIGNMENT POINTS

- Shoulder stacked over elbow
- Hips lifted
- Core engaged
- Body in a straight line

TIPS

- Keep your core tight
- Don't let your hips drop
- Breathe steadily
- Modify by bending your knees if needed

MUSCLES WORKED



BENEFITS

- Strengthens your core and obliques
- Improves balance and stability
- Enhances posture
- Supports overall functional strength