

STEP 1



STEP 2



### Side Plank on Knees

**Setup**

- Begin lying on your side with your knees bent.

**Movement**

- Raise yourself into a side plank position with your elbow supporting upper body and knees bent. Maintain this position.

**Tip**

- Make sure to keep your trunk stiff. Do not let your hips roll forward, backward, or drop towards the floor.

STEP 1



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### Side Plank on Elbow

**Setup**

- Begin lying on your side with your feet stacked, resting on your elbow.

**Movement**

- Lift your hips off the floor so your body is in a straight line and your hips and shoulders are facing forward. Hold this position.

**Tip**

- Make sure to keep your head in line with your trunk, do not let your hips drop toward the floor, and do not roll forward or backward during the exercise.

STEP 1



STEP 2



### Modified Side Plank with Hip Abduction

**Setup**

- Begin lying on your side, resting on your forearm with your bottom leg bent at a 90 degree angle and your top leg straight.

**Movement**

- Tighten your abdominals and lift your hips up off of the floor. Then raise your heel so it is at the same level as your hip. Hold briefly, then relax and repeat.

**Tip**

- Make sure that your head, hips, and leg are in a straight line and your shoulder is directly over your elbow. Do not let your hips roll backward or forward during the exercise.

STEP 1



STEP 2



### Side Plank on Elbow with Hip Abduction

**Setup**

- Begin lying on your side with your feet stacked, resting on your elbow. Lift your hips off the floor into a side plank position.

**Movement**

- Hold this position and lift your upper leg, then lower it back down and repeat.

**Tip**

- Make sure not to let your hips drop toward the floor, or roll forward or backward during the exercise.