



Side Plank (Elbow bent, bottom knee bent and top knee extended)
Level 1

Starting position:

Elbow on the ground, your bottom knee bent and top leg extended.

Movement:

Hold the position, keeping your core tight and your body straight.

Perform ___ Reps ___ Sets ___ Times a day

Side Plank (Elbow bent, both knees extended)
Level 2

Starting position:

Sidelying on your elbow with both knees and hips extended on top of each other.

Movement:

Hold the position, keeping your core tight and your body straight.

Perform ___ Reps ___ Sets ___ Times a day

Side Plank (Elbow bent, both knees extended with hip abduction)
Level 2+

Starting position:

Sidelying on your elbow with both knees and hips extended on top of each other.

Movement:

Hold the position, keeping your core tight and your body straight, then lift your top leg up in the air. Slowly return leg to starting position.

Perform ___ Reps ___ Sets ___ Times a day

Side Plank (Elbow extended, both knees extended) Level 3

Starting position:

Sidelying with your elbow extended and both hips and knees extended on top of each other.

Movement:

Hold the position, keeping your core tight and your body straight.

Perform ___ Reps ___ Sets ___ Times a day