

SIDE PLANKS



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PURPOSE: TO ENHANCE CORE STABILITY

REPETITIONS: 2 SETS TO FATIGUE; HAND WEIGHTS WILL BE OF ADDITIONAL CHALLENGE.

DESCRIPTION: ROLL TO EITHER SIDE. SIT UP ON ELBOW WITH PALM DOWN. OTHER ARM ON YOUR HIP. FEET STACKED ON EACH OTHER OR PLACE TOP FOOT IN FRONT OF BOTTOM FOOT. RAISE YOUR HIPS PARALLEL TO YOUR SHOULDER. HOLD FOR THREE SECONDS AND REPEAT.

