

Level Five: Side Plank

The side plank is a progression as there are now less points of contact with the floor and the exercise is isolating one side as opposed to the plank which targets the whole core.

On Knees (top picture)

Full Side Plank (middle picture)

Arm Stretch Up Directly above shoulder (bottom picture)

Teaching Points

- Lay on your side with the left forearm on the floor, directly below the shoulder, elbow bent fingers point away
- Rest right arm straight time down the side
- Keep your left foot on the floor, place the right foot on top and raise your body off the ground
- Hold for a set period of time (aim to build up to 60 seconds)



Target Muscles

Primary Muscles: obliques, rectus abdominus, transverse abdominus

Secondary Muscles: erector spinae, latissimus dorsi, hip flexors, deltoids

Look out for: not keeping head in line with spine, pushing hips up in the air, shoulders, hips, knees and ankles not aligned, arm not directly below shoulder, top shoulder rotating down to the floor