Title: Side Plank

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Lie on your side on an exercise mat.</li>

<li>Fully extend your legs with one resting on top of the other.</li>

<li>Fully extend the top arm down the side of your body.</li>

<li>Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.</li>

<li>Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.</li>

<li>Contract your abdominal muscles and relax your shoulders.</li>

<li>Continue breathing throughout the whole exercise.</li>

<li>Hold this position for as long as you can.</li>

<li>Relax and change sides.</li>

<li>Repeat.</li>

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