Title: Side Plank Leg Raises

Primary Muscle Groups: Abs, Glutes &amp; Hip Flexors

Secondary Muscle Groups: Abs

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using an exercise mat, lay on your side grounding your forearm and elbow, perpendicular to your body, at a 90-degree angle. Your upper arm should run parallel along your body.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Straighten your legs so that one foot rests on top of the other and using your grounded arm, drive your body upwards so that only your lower foot and lower arm are in contact with the floor. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Brace your core to maintain this side plank position and then slowly lift your upper leg, keeping it straight, away from you lower leg to create a 20 - 30 degree angle. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your leg back down to the starting plank position; this completes one rep.</span></li>

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