Side Plank Video Exercise Guide

Categories: Exercise Videos Abs

562.8K Views



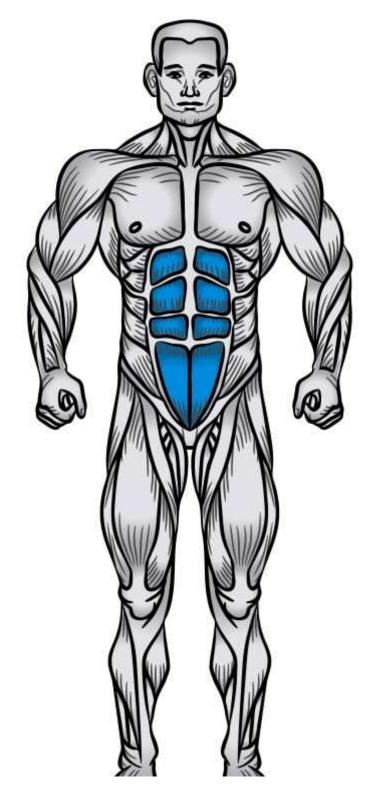




EXERCISE PROFILE

Target Muscle Group	<u>Abs</u>
Exercise Type	Strength
Equipment Required	Bodyweight
Mechanics	Isolation
Force Type	Static
Experience Level	Beginner
Secondary Muscles	Lower Back

Abs







Side Plank Instructions

- 1. The side plank is a great exercise for building core strength, and more specifically oblique strength. It's also a good balance exercise. It's your choice whether to use a mat in this exercise. Start by laying on your side with one hand on the floor and your feet on top of one another.
- 2. If you prefer, you can rest on your elbow instead of your hand.
- 3. Lift your hips up until your body is exactly straight.
- 4. Now hold this position for as long as possible. You should feel this exercise in your abs and obliques.
- 5. Complete the same for the opposite side of the body.

Side Plank Tips:

- 1. Do not let your mid-section sag. Always stay perfectly straight.
- 2. Do the side plank in front of the mirror to ensure you keep your technique tight!
- 3. Try to hold your plank for a full minute. Hold the plank for longer periods of time for increased intensity.