

# Side Plank Video Exercise Guide

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# 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

TARGET MUSCLE GROUP

# 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.