

## March Exercise of the Month Side Plank with Hip Lift

**Purpose:** To increase muscular endurance and stability in the core and hips.

**Primary Muscles:** Side of the abdominal core and hips (transverse abdominis, external/internal obliques, abductors, adductors)

**Stabilizing Muscles:** Central abdominal/spinal core, shoulder, upper-arm, glutes, quadriceps, hamstrings

**Equipment:** Exercise Mat

### Start position:

- ❖ Lie on right side with legs extended and right hip resting on the floor
- ❖ Rest the left leg on top of the right leg with the left foot stacked on top of the right foot.
- ❖ Place the right elbow directly below the right shoulder and rest the forearm flat on the mat to prop the upper body off of the floor.
- ❖ Head, neck and shoulders should be aligned with the spine and open to the side without tilting forward or back.

### Movement:

- ❖ Inhale; from start position as described above.
- ❖ Exhale; contracting the abdominals, lift the hips and knees off the mat; remember to keep the head, neck and shoulders aligned with the spine – open to the side without tilting.
- ❖ Inhale; lower the hips and knees back down to the mat.
- ❖ Repeat movement by lifting and lowering the hips and knees while contracting the abdominal muscles; 2-3 sets of 8-12 reps per side.

### Variation:

- ❖ Increase intensity by adding a side leg-raise; Raise the hip off the ground as described for the basic movement. From elevated position, lift the top leg off the lower leg to the point of tension in the thighs. Return the leg to resting position then lower the hip back to the floor.

**Start Position:**



**Movement:**



**Variation:**

