

Side-Plank with Knee Tuck

Purpose: Strength conditioning for the core and hip stabilizers

Target Muscles: Abdominal core and Abductors (outer thigh)

Assisting Muscles: Lower Back, Shoulder, Adductors (inner thigh)

Equipment Needed: Mat (optional)

Start: Begin lying on your side. Extend the right leg and support your body weight on the left hip and thigh. Prop your upper body off the floor, resting on the left forearm with the elbow aligned beneath the shoulder.

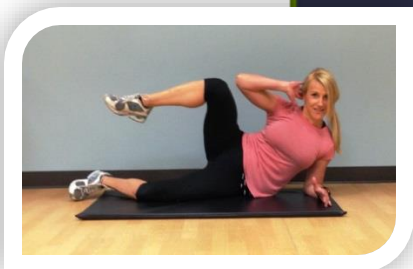
Prep: Engage the abdominals to raise the left hip off of the floor. The right leg is now raised to be parallel with the floor. The right hand rests just behind the head and the elbow points to the ceiling. Focus on contracting the sides of the abdominal core (the oblique's and transverse abdominus) to keep the torso lifted and aligned with the hip and thigh.

Tuck: Continuing to hold the body up, crunch the right knee in towards the torso and right elbow. This contracts the right side oblique while the left side transverse abdominus, shoulder, and hip abductor supports the body in side plank position.

Repeat motions 2-3, pulling the knee in and pushing the heel away for 8-12 reps. Immediately switch sides to work the left side while the right rests. Do 2-3 sets for an effective conditioning challenge.



Modification



For a slightly easier version of this exercise, keep the hip resting on the floor. Perform the exercise by tucking the knee to elbow with emphasis on building strength the transverse abdominus and oblique's. Overtime, this will strengthen the sides of the abdominal core, making it easier to lift and hold the body in a side plank position.