

HOW TO PERFORM A SIDE PLANK

Few moves are as good for your midsection as the side plank, yet despite this, it's often overlooked in favour of the standard face-down, forearm supported, regular Tom, Dick and Harry variety of planks.



- Start on your side with your feet together and one forearm directly below your shoulder.
- Contract your core and raise your hips until your body is in a straight line from head to feet.
- Hold the position without letting your hips drop for the allotted time for each set, then repeat on the other side.

Note: This can also be done on the knees for pure beginners. Always encourage yourself to try the full side plank and return to the knees when you can no longer hold it in full. Keep doing this until you can eventually hold it in full.

PROGRESSION

Instead of holding a side plank on your forearms try coming up onto your hands.

Your arm and hand should be straight and directly in line with your shoulder in order to support.

Once you have mastered this hold try raising your leg for even more of a challenge.

COMMON TECHNIQUE ERRORS:

- Ensure you're balancing on the side of your foot and not the sole as this is key to prolonging stability.
- Engage your abdominals at all times to keep the body rigid. Forget to do this and your body will likely sway and lose strength.
- Try to keep your head and neck straight. Ideally find a spot on the wall and keep your eyes locked on it.
- The longer you hold the side plank, the better. Anything in excess of a minute is good, two minutes plus is excellent.