

Core Strengthening -Side Plank



Keeping your stomach muscles tight. Push hips off the table  
Hold this position for 5-10 seconds.

Keep your body straight.

Repeat 10x.



Keeping your stomach muscles tight. Push hips off the table, now  
raise the top leg and hold this position for 5-10 seconds.

Repeat 10x.



Keeping your stomach muscles tight. Push hips off the table, now  
raise the top leg and arm.

Hold for 5-10 seconds.

Repeat 10x.