

Exercise Prescription: Side Plank- Feet

Purpose of Exercise:

This is a stability exercise for the core musculature that emphasizes locking the rib cage to the pelvis.

Starting Position:

Laying on your side, propped up on your elbow with knees and hips bent. Your top leg is placed in front and your lower leg is placed behind as shown (1).

Exercise Description:

From the starting position, raise up into a side plank, maintaining good spinal posture (2). Now, pivoting at the bottom shoulder and on the toes, slowly and controlled, lower yourself into the front plank position as shown (3). Now, pulling yourself up from the opposite shoulder, raise yourself up so you are in a side plank facing the opposite direction (4). Return back to the front plank position, and then back to the starting position.

Repeat this motion 6-8 times. Make sure to maintain good spinal alignment and to keep your rib cage locked to your pelvis.

Pictures:



1



2



3



4