



Rehabilitative Exercises | Core Exercises

A6 Side Plank

1



2



- 1- Lay on your side supported by your elbow at a 90 degree angle. Stack your shoulders and hips. Lift your hips with your knees on the ground, bent slightly. Hold that position for _____ seconds. When you can side plank on your knees for one minute, advance to level 2.
- 2- Begin as above but lift your hip so your body forms a straight line. Hold for _____ seconds _____ times a day. Hold for _____ minutes total.