

Plank with Opposite Arm/Leg Lift



Description: Begin in the front plank position – forearms and feet supporting the body. Engage the core and glutes before starting the exercise. Place feet hip width, or slightly wider, apart. Lift one arm and the opposite leg off the floor and hold for 1 second. Return to starting position. Repeat on the other side.

Sets/Reps: 3 sets of 5 raises/side.

Common Mistakes: Letting the hips drop too low, allowing the torso to rotate sideways when limbs are raised.

Target Muscles: Core, Glutes, Shoulders.

Modifications: Raise only one limb at a time, or hold a standard front plank.

****Tip:** Squeeze core and glutes to prevent rotation and dropping in the midsection.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

