

Star Side Plank



Description: Lie on one side with your forearm resting on a mat. Ensure that your shoulders, hips, knees and feet are 'stacked' on top of one another. Raise your body off the mat using your feet and forearm for support. Lift up the top arm and leg. Hold this position for the desired time then return to your starting position. Repeat on the other side.

Sets/reps: 2-3 sets of 15 seconds. Keep increasing time as you get stronger.

Modifications: Raise only the arm or the leg, or complete a standard side plank.

Common Mistakes: Leaning forward or backwards, letting hips drop towards the ground.

Target Muscles: Transverse abdominis, obliques and adductors.

****Tip:** If you are having difficulties holding this exercise, build up your strength with the standard side plank.

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

