

Side Plank or Bridge



- On a padded surface, lie on your side. Place your elbow under your shoulders, and rest your hip in a straight line with your shoulders. Your feet will be separated, your bottom knee bent so your bottom foot is behind you, the other foot in line with your hips.
- Tighten your abdominal muscles, and hold them tight throughout the exercise
- Pushing up on your elbow and feet, raise your hip from the ground about 3”, so your body is a straight line.
- Keep a straight line from the back of your head to your heels, don’t sag your hips down.
- Be strong in your shoulders, actively push your elbows down, keeping your eyes forward
- A variation to make this more challenging is to support your weight on your hand and feet, raising the top leg off of the ground.
- Hold this position for 30 seconds, or as long as you are able. Rest for 30 seconds and repeat 5-10 times

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
