Exercise Sheet – Central Stability – Front & Side Plank

Purposes;

* Improves strength of anterior and lateral abdominal muscles.

#### Front Plank

* Begin kneeling on all fours.
* Draw in your belly button towards your spine and lock your arms fully. Straighten first one then the other leg taking the weight on the balls of your feet.
* Hold the position for 10 seconds.
* You should maintain a straight line through your feet, knees, hips and shoulders.
* Breathe normally through the exercise, do not hold your breath.
* Perform 10 repetitions or as prescribed



#### Front Plank with leg raise

* As above but raise one leg slightly for 10 seconds, then repeat with the other leg



#### Side Plank

* Lie on your side with your feet together and your body in a straight line.
* Press up on elbow, creating a straight body line. Make sure your hips are straight.
* Breathe normally through the exercise.
* Progress to pressing up onto one hand rather than an elbow.
* Hold for 10 seconds and perform 10 repetitions, or as prescribed.

