

## ERB Side Plank

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### ERB Side Plank (as photo)

- Lie on your side, propping yourself up on your elbow.
- Keep your legs straight and stacked on top of one another.
- Use your elbow and feet to push the body off the floor, and maintain a straight line from your head to your feet.
- Hold this position for as long as you can, preventing the hips from sagging.

### Side Plank on Knees (modify for easy)

- Lie on your side, propping yourself up on your elbow.
- Keep your legs bent and stacked on top of one another.
- Use your elbow and knees to push the body off the floor, and maintain a straight line from your head to your knees.
- Hold this position for as long as you can, preventing the hips from sagging.

### Side Plank w/Hip Abduction (modify for advanced)

- Lie on your side.
- Lean on your elbow, with your forearm out to the front.
- Place the other hand behind your head and lift your hips up into a plank.
- Keep your pelvis straight, do not allow the upper pelvis to turn to the front or back.
- Now raise your upper leg off the floor and hold this position as long as you can.