



## EXERCISE PROGRESSION SERIES

# SIDE PLANK

During this time when most of you can't train in the gym, work on some exercises that will make you stronger and help prevent injuries when you do return!

### **DON'T FORGET TO WARM UP!**

Always start with 10 minutes of cardio activity to get warmed up. This can be fast-paced walking, slow jogging, biking – anything to get your heart pumping a little and your muscles warmed up.

### **PICK YOUR STARTING LEVEL**

This will depend on your current strength and fitness level. It's okay to do one exercise at the basic level and another at the intermediate or advanced levels. Focus on form! Make sure your form is correct as you are doing the exercises.

- **Younger children** (approx. 8 and under) should start with the basic level. When they can do that level with perfect form, they should progress to the intermediate level.
- **Older children** (approx. 8-12) may start with intermediate-level exercises if they can do them with good form.
- **Teens** may start at the intermediate or advanced levels, depending on their strength. They may need to use different levels for different exercises.

### **PERFORM THE EXERCISE**

You should do enough repetitions of each exercise until you are fatigued. You will know you are fatigued when you can't keep your form or when your muscles are too tired to continue. Do 3 sets of each exercise with at least a 30-second break between each set.

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# SIDE PLANK

Lie on your side, stack your feet, and place your flexed elbow directly under your armpit. Rest on the edge of your foot, not on the side of your ankle. Switch sides after each set.

### BASIC

Lift your hips and hold up to 30 seconds. Repeat up to 3 times on each side



### INTERMEDIATE

While holding your hips up, raise your top leg and hold up to 30 seconds. Keep your leg in line with your body (not in front or behind). Stay on the outside of your foot, and don't let your hip drop.



### ADVANCED

From intermediate position, lift and lower your top leg up to 20 repetitions.

