



ADVANCED TRAINING AND PERFORMANCE

Copenhagen planks



Exercise Description

1. Find a sturdy chair or workout bench
2. Lay on with your right or left side.
3. Place your top knee on the surface.
4. Push your knee into the surface and lift yourself up into a side plank
5. To make more difficult, place your top ankle on the surface instead of your knee
6. Sets and reps
 - 3-4 times/week
 - 3-4 sets
 - 15-30 seconds

The Why

This should work on hip and core strength. This exercise is very helpful at building a strong core while also working on hip adductor (groin muscles) strength. These muscles are very important for running and jumping.

