



## ADVANCED TRAINING AND PERFORMANCE

### Side Planks



#### Exercise Description

1. Lay on your side with both legs straight.
2. Keeping your core tight and back flat, push up onto your elbow and ankle.
3. Keep your ankle, knee, hip, shoulders in a line
4. Sets and reps
  - 3-4 times/week
  - 3-4 sets
  - 30 seconds each side

#### The Why

This should work on hip and core strength. Having a strong core and hip is helpful to build stability when you are running and jumping.

