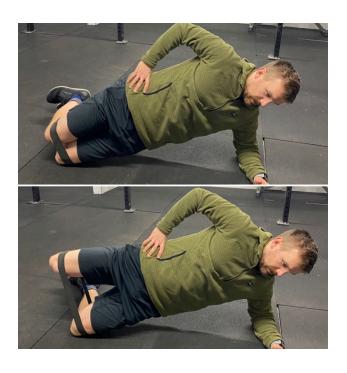


## Side planks with clam shells



## **Exercise Description**

- Find a medium to high intensity band and place the band above your knees.
- 2. Lay on your side with knees slightly in front of your hip legs bent to about 90 degrees
- Keeping your hips "stacked" vertically and feet together
- 4. Push up onto your elbow and knee
- 5. Keeping the modified plank, rotate your hip up
- 6. Sets and reps
  - o 3-4 times/week
  - o 3-4 sets
  - o 10-12 reps each side

## The Why

This should work on hip strength. You want to use the muscle in your bottom and core, not your back. Building a strong core and hip complex will help produce stability while running and jumping.

