



ADVANCED TRAINING AND PERFORMANCE

Side planks with clam shells



Exercise Description

1. 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
3. 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.



EUGENE
METRO
FÚTBOL CLUB

