

## Side Lying Plank



Lie on your side with your legs stacked one on top of the other. Next, prop up your bottom elbow so that it is directly under your shoulder. Inhale, drawing your navel towards your spine. Now, exhale and raise your hips off of the mat, creating a straight line between your feet and head. Inhale and lower hips to mat with control. Repeat 5 times then roll over and practice on the other side. This will strengthen your trunk/core and hip muscles which will improve your ability to balance over one foot.

