

Side Plank with Inner Thigh work



Place your elbow directly under your shoulder. Bear your weight through the elbow and forearm. Be sure that the side seams in your shirt and pants are lined up. Exhale and lift the bottom hip off of the mat until your body is "as straight as a plank". Keep breathing and lower back to the mat after 10 normal breathes. Repeat 3 times then roll over and work the opposite side in the same manner.