

EXERCISE

Side Plank

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is called Side Plank.

The area of the body that we're working on is the trunk of the body: primarily working the obliques and the abdominals.

Once a client is in the side position, make sure that their elbow is underneath their shoulder.
(To Dom) So Dom, just bring your elbow in.

Make sure that their shoulder isn't compressed in towards their neck. From this position you will then ask them to bring their head in line with their chest.

(To Dom) So you bring your head to here, and then from here, lift your hips up.

Make sure that we don't have that bow-type shape in the hip. Make sure they're really clearing those hips away so that we have the whole of the hip and the leg off the floor.

If your client feels that this is too difficult, you can ask them to lower their hips, draw their heels back behind them. This means then the lever is a little bit shorter and that the overall weight and the body is a little bit less.

(To Dom) So same thing. Again, lift those hips up nice and high, just gently pushing your hips forward.

Once your client has completed the allotted time, ask them to slowly lower their hips and then repeat the same on the other side.

Main Muscles Involved

- Obliques
- Abdominals

