

10U/12U PHASE II - CORE & BACK

SIDE PLANK LIFTS

MOVEMENT

- 1 • Begin with elbow directly under shoulder and weight on forearm.
 - Legs and hips are fully extended.
 - Body should be straight with ears in line with shoulders, shoulders in line with hips, hips in line with ankles.
 - Core tight, tuck tail, squeeze glutes.
- 2 • Raise up on forearm and heels.
 - Pause for 2 seconds, lower back to ground.

If Side Plank Lift on heels is too difficult, start from knees.

Perform for 30 seconds, rest for 30 seconds.



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