SIDE PLANK CRUNCHES

DIFFICULTY: VERY DIFFICULT
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH AND IMPROVE BALANCE

PROCEDURE
1. While on your side, lift your body up on your elbow and feet while engaging your deep abdominal muscles. Try to keep your spine straight.
2. Hold this position and place your topmost hand on your head.
3. Move your elbow and knee towards each other as you lower your elbow and flex your hip and knees.
4. Hold for 3 seconds.
5. Return your arm and leg to the starting position.
6. Repeat 10 times.
7. Complete 2 sets per day.