

# TRY IT TUESDAY

## SIDE PLANK



We did the Plank/Front Support in Week 1, this week we are 'trying' the Side Plank – start on your side with your feet together, one arm bent on the floor ready to support the body.

Push through your feet and elbow to raise your knees, hips and torso so you are in a straight line.

Time how long you can hold the plank without dropping your hips.

Harder: Do a straight arm side support

Easier: Place your knees on the floor and just raise your hips and torso

#HSGDailyChallenge

