



## LATERAL PLANK

**Do 2 planks of 45 seconds each.**

When doing a lateral plank, it's important to remember that your core--not your shoulder--should be holding you up. Your elbow should be at a 90 degree angle. Keep your body as straight as possible; don't let your pelvis drop. Once in position, keep your core tight to hold the plank.



## PLANK + LEG LIFT

**Do 3 sets of 12 lifts per leg.**

This is the big sister of the "classic" plank exercise that we did earlier. Lift each leg--slowly--as high as you can while keeping control. Lift one leg at a time, and remember to engage your core to stay stable.



## SINGLE-LEG BRIDGE

**Do 3 sets of 13 lifts.**

Get into bridge position. Then, lift one leg without lowering the hips. Support your weight with the other leg, and lower your glutes towards the ground. Then, lift your hips back into their original position while keeping your glutes engaged. Repeat.



## PLANK

**Do 3 planks of 60 seconds each.**

Get into plank position: your feet should be slightly separated, and your forearms and upper arms should form a 90 degree angle. Keep your body straight--don't lift your hips. Keep your core tight to maintain a stable plank.



## BRIDGE

**Do 3 sets of 12 lifts.**

The bridge is designed to strengthen your glutes and back. Lift your hips off the ground, aiming to make a straight line between your torso and legs. Tighten your glutes, and hold the position for 5 seconds before lowering the hips.



## PLANK + KNEE TUCK

**Do 3 sets of 13 tucks per leg.**

Get into plank position, but place your hands on the ground instead of your forearms. Working one leg at a time, bend one knee and bring it forwards towards your elbow. Then, re-extend the leg and repeat.



## LATERAL PLANK + LEG LIFT

**Do 7 sets of 7 lifts per leg.**

Get into lateral plank position. Once you're stable, lift the upper leg without dropping your hips. Hold for 3 seconds, then slowly lower your leg. Repeat.