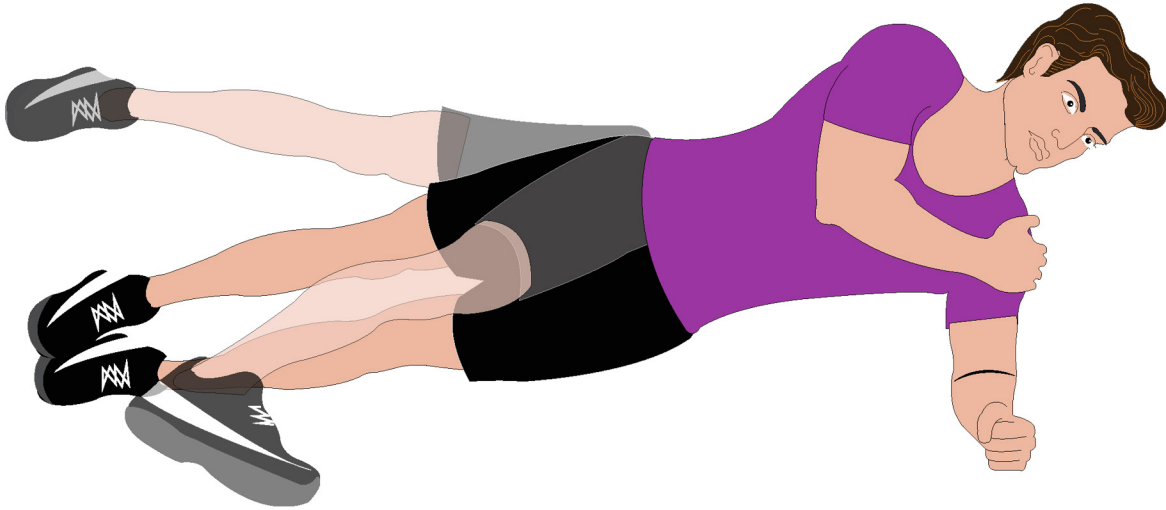




PLYO SIDE PLANK



HOW TO DO IT:

- 1 Begin in a side plank position, with your shoulders over your elbow, your body in one straight line, supported by your forearm and side of foot.
- 2 Lift your top leg up.
- 3 Swing your top leg back and forth, 1 count forward and 1 count back. Keep your core engaged and hold your hips stable throughout the movement- always pointing forward.
- 4 Complete 30 swings on one side, and then switch sides.
- 5 Repeat this motion until time is called.

make it easier:

Remove explosive element and simply step one foot out to side, return to center, then move other foot out to side.

make it harder:

Increase pace of pendulum motion.