

# Side Plank

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## Strengthening Exercise

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- To perform a Side Plank, assume a side elbow and foot position with the spine straight and the abdominal muscles drawn-in and braced.
- Breathe normally and hold for progressive periods of time.
- Start with 6-10 seconds and recover when you start to lose your form.
- Alternate from the left to the right side.
- Repeat 3 times on each side.
- When you first start doing this exercise, your provider may start you on your knees.