

RIGHT PLANK



Lie on your right side with your left foot on top of your right foot and place your right elbow under your shoulder. Raise your body off the ground until it is in a straight line from your heels to your shoulders. Only the right foot will be in contact with the ground. Place the left hand on your hip and position your head in a neutral position with eyes focused straight ahead. Be sure to have your elbow directly below your shoulder joint and do not let your hips sag toward the ground. Focus on keeping your core muscles tight and stabilizing your shoulder joint. Hold this position for the designated time period.