

WEEK 2: Side Planks with Hip Abduction Lift Overs

Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.

Side Planks with Hip Abduction Lift Overs:

- Lie on your side with your torso and legs in a straight line.
- Lift up onto your forearm into a side plank position, keeping your hips elevated in line with your trunk. (Your elbow should be stacked under your shoulder for proper alignment and scapular stability).
- Keep your abdominals engaged.
- Holding the side plank position, lift your top leg up into hip abduction, then gently alternate kicking your leg forward and backwards, tapping the floor in front of your bottom leg and behind your bottom leg, respectively.

Perform two sets of ten repetitions, then switch sides.

Perform this exercise two times a week in addition to the other moves you've learned.



At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of core strength. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.