

## Side Plank Progression Training Program

### **Progression Instructions:**

Perform side plank for Level 1 shown to the right. Lie on side with bent knees. Press up on your forearm and hold bent knee side plank for as long as you can, then slowly lower hips to the ground. Roll over and repeat on the other side to complete one set.

Perform this exercise for 3-5x a week and complete 2 sets each time. Once you can hold 2 sets on each side for 30 seconds each, move on to Level 2. Follow the same progressions above until you can complete the Level 3 progression.

Level 1



Level 2



Level 3



Now you are ready to perform a Side Plank with a Hip Dip. You will need to complete 15 hip dips in one minute for the Work Ready Assessment. Lie on your side and press up to your Level 2 side plank position.

From here lower your hips to the ground and then pull them back up to your starting position. Start with however many you can do and work your way up to 15 on each side.

