



INSTRUCTIONS

SIDE PLANK LEG LIFT

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/side-plank-leg-lift>

Abs

Core

Extension



STEPS:

- In a side plank on your elbow, lift your top leg a couple inches over your bottom leg.
- Hold for 30-45 seconds before switching.

