

Core workout with Sam Rodman from Cornish Pirates RFC



Side Plank



Explanation

Starting position	Performing the movement	Finishing the movement
<p>Lie on your side left or right</p> <p>Feet on top of each other</p> <p>your elbow should be under your shoulder</p> <p>you should be making a perfectly straight line now</p>	<p>Lift your hips and knees up from the floor</p> <p>Suck your belly button in engaging your abdominal muscles plus your glutes</p> <p>Keep your hips in line with your body don't let your bum kick out</p> <p>While your body is off the ground keep your breathing normal and controlled</p>	<p>Once you have finished holding this position simply lower yourself back to the floor</p>

Sam's advice would be to complete the suggested repetitions below in line with your fitness level and how you feel.

Make sure you rest for 1 minute to 90 seconds between each set of exercises.

Beginners – 20 Seconds for 3 Sets
Intermediate – 40 Seconds for 3 Sets
Expert – 60 Seconds for 3 Sets

