



# INSTRUCTIONS

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## SIDE PLANK LEG LIFT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

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

Abs

Core



### 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.

