

ANDRÉ NOËL POTVIN, MSC, BCRPA-TFL, ACSM-PT

INNOVATIVE EXERCISE CORE STRENGTHENING

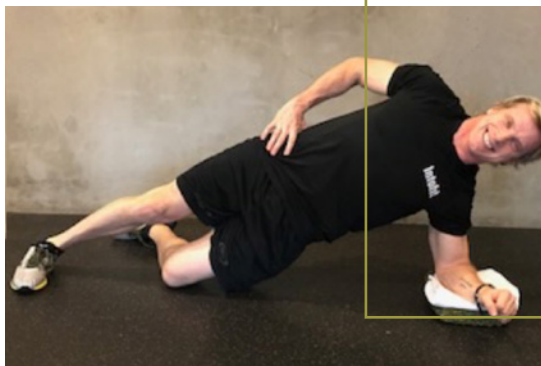


We have all heard of, and done, side planks for strengthening one’s core and outer thigh. Today I want to share with you a powerful and innovative core strengthening exercise that is similar to the side plank, yet targets your inner thigh, shoulder girdle and core. I call it the Inner Thigh Side Plank. When done correctly, this fantastic exercise will not only strengthen your core, but also reduce or prevent back pain. Check out these three variations for the novice to advanced level client. Happy Training!

NOVICE

ON A BENCH

Place your elbow lengthwise on a workout bench with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you. Hold for 30 seconds, switch sides and repeat for 1-3 sets.



INTERMEDIATE

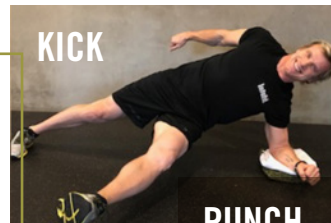
ON THE FLOOR

Place your elbow on a foam pad or towel with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you and lift it off the floor. Hold for 30 seconds, then switch sides and repeat for 1-3 sets.

INTERMEDIATE-ADVANCED

ON A FLOOR

In the same position as described in the intermediate level above, kick your bottom leg forward while your top arm and body leans backwards. Next, swing your bottom leg behind you and punch forward with your top arm leaning forward. Perform 5-10 reps with one kick and one punch equalling one rep, then switch sides.



Kick forward while leaning backwards



Punch forward and swing bottom leg backwards



HANDOUT COURTESY OF BCRPA

INNOVATIVE EXERCISE - CORE STRENGTHENING CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

ADVANCED

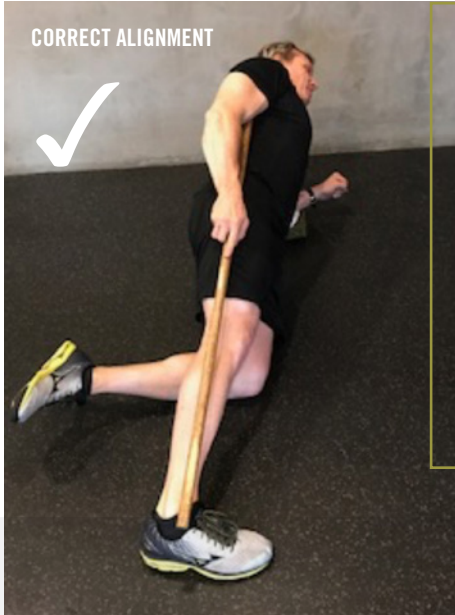
ON A STABILITY BALL

Place your elbow on a stability ball with your body turned sideways. Next, anchor your top leg foot to the ground with a very slight bend in the knee. Bend your bottom leg behind you and lift it off the floor. Hold for 30 seconds, then switch sides and repeat for 1-3 sets.



All Joints Aligned

CORRECT ALIGNMENT



COMMON MISTAKE TO AVOID

Avoid bending at the hips, sending your buttocks backwards and your bottom knee forward. Proper form involves having the shoulders, hips and knees aligned as shown below:



Butt Back and Knee Forward



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André Noël Potvin is an internationally accredited author, fitness educator and medical exercise specialist with 33 years of leadership and clinical experience. André holds a Master of Science degree in cardiac rehabilitation from the University of British Columbia, where he served for 4 years on the teaching faculty of the School of Human Kinetics. He is also president of INFOFIT Educators School for Fitness Professionals and is frequently invited to lecture at international public and professional conferences.