

Try Something New

Side Plank Shoulder Raise



- Place left hand or elbow on floor, underneath your left shoulder, then extend both your legs side ways, stacking your left foot behind your right.
- Contract abs so your body forms a straight line from head to heels
- Hold a dumbbell in your right hand, arm extended along your hip
- Keep head and neck in alignment with your spine.
- Lift right arm up to shoulder height.
- Lower slowly to starting position.

