

## Personal Best Challenge

How long can you hold the side plank leg lift?!



1. Place your right elbow and forearm on the ground and lift yourself up into a side plank, making sure to lock your shoulder down and back, and to squeeze your core and glutes.
2. Keeping tension throughout, raise your right leg and see how long you hold it for!
3. Record your time and repeat on the opposite side!

Record your score and see if you can beat it next time, remember to tweet us your pics and videos @knowsleyssp!