

HEELCURVE HOCKEY

SIDE PLANK WITH REACH

EXERCISE MECHANICS

WHAT IT IS

A core stability exercise that targets the obliques, transverse abdominis, and shoulders by holding a side plank position while reaching the top arm toward the ceiling. It improves lateral stability, core strength, and shoulder mobility.

1 SET UP

Lie on your side with your elbow directly under your shoulder. Stack your feet and lift your hips off the ground. Engage your core and glutes.

2 REACH UP

Reach your top arm straight up toward the ceiling. Rotate your torso open, following your hand with your eyes if you can.

3 HOLD

Hold the position while maintaining a straight line and a steady breath. Keep your core tight and shoulders stable.

4 RETURN

Slowly lower your top arm back down under control to the starting position.

5 REPEAT

Repeat for the desired number of reps or time, then switch sides and repeat.



KEY POINTS

- Keep your body in a straight line from head to heels.
- Stack your feet.
- Open your chest as you reach up.
- Keep your core tight throughout.
- Use your bottom arm for balance only.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



Hips sagging or dropping too low



Rotating or twisting the torso forward



Shoulder not stacked over elbow

MUSCLES WORKED



- Obliques
- Transverse Abdominis
- Shoulders (Deltoids)
- Glutes
- Hip Abductors
- Core Stabilizers

TRAINING TIPS



Use as a core stability or activation exercise in your warm-up.



Start with 2–3 sets of 20–45 seconds per side.



Increase duration or add variations (e.g., add leg lift or hold a plate).



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.