

HEELCURVE HOCKEY SIDE PLANK

EXERCISE MECHANICS

WHAT IT IS

A core stability exercise that targets the obliques, transverse abdominis, and shoulders by holding a side-lying plank position. It helps improve lateral stability, core strength, and postural control.

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 LIFT HIPS

Lift your hips off the ground, creating a straight line from your head to your heels. Avoid letting your hips sag or rotate forward.

3 HOLD

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

4 LOWER

Slowly lower your hips back down with control to the starting position and repeat on the same side.



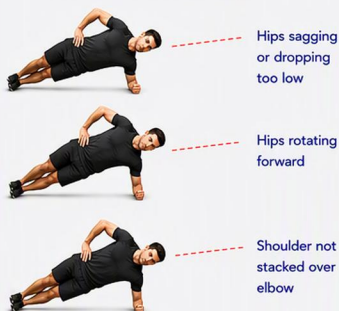
KEY POINTS

- Keep your body in a straight line from head to heels.
- Stack your feet.
- Engage your core and glutes.
- Keep your shoulder directly over your elbow.
- Breathe steadily.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



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., with leg lift or reach-through).
- Include in lower body or hockey-specific training.