

## Two Sided Plank



1. Begin with both partners on hands and knees side-by-side with Partner A's right hand next to Partner B's left hand; knees should be several inches behind the hips.
2. Both partners line up their the hands directly under the shoulders, fingers spread wide and middle finger pointing forward.
3. Engaging the abdominals and gluteus muscles for stability, both partners stretch their legs straight back, pressing their toes into the floor, coming into a side-by-side Plank.

4. The quadriceps in the thighs stay strong as the partners extend back through their heels and keep the hips lifted.
5. The triceps stay strong to keep the torso lifted in a strong neutral alignment without locking the elbow.
6. Partner A rolls onto the outside edge of her left foot, placing her right foot on the floor next to the left foot while reaching her right arm straight to the sky.
  - An option is to keep the left knee on the ground, swinging the left foot out to the side so the shin extends 90 degrees away from center (as if engaging the kickstand of a bicycle), and resting the left shin and foot on the floor while keeping the right leg straight.



7. Partner B mirrors Partner A, rolling onto the outside edge of his right foot, placing his left foot on the floor next to his right foot, and reaching his left arm straight to the sky.
8. Once both partners have established their base, they can press their top hands into each other, extending their joined top hands skyward.
9. After four complete breath cycles, partners come back to an all fours position, then change sides.

Two Sided Plank is a great core strengthener and upper body strengthener. The muscles of the triceps in the upper arms work actively to keep the body up. The pectoral muscles in the chest and shoulder work, as do the muscles of the upper back. This pose also engages strongly through the core and the quadriceps to keep the hips lifted.

Two Sided Plank is a strong arm-balancing pose, but if you find pain in your wrists, then definitely modify the pose by coming onto your bottom knee, rather than having both legs straight.

*Symbolism:* The symbolism in Two Sided Plank is strength. Even when things start to go sideways, you can always draw strength from your relationships.

This pose is a variation on Side Plank (*Vasisthasana*).