

One Knee Bent Elbow Crossover



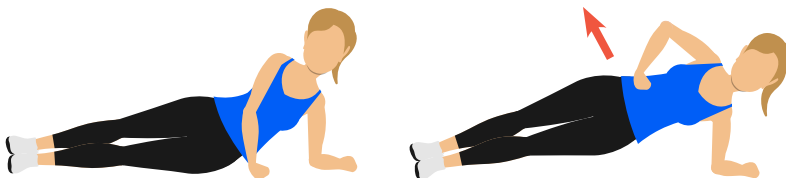
ANCHOR: None, body weight

START: Lie on your back, one leg bent with foot on the floor, other leg straight on the ground, hands behind head.

MOVEMENT: Using the obliques, lift the shoulder that is opposite the bent knee up, drawing the elbow towards the bent knee.

TIP: Try to keep hips on the floor.

Side Plank



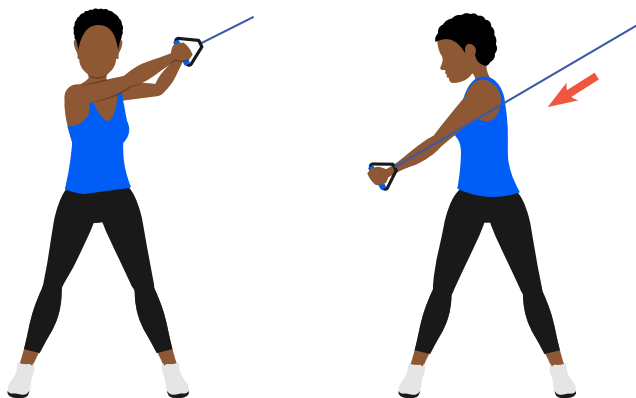
ANCHOR: None, body weight

START: On your side, legs straight and stacked, propped up on the elbow, other hand on hip.

MOVEMENT: Using your Obliques, lift the body up to a straight line and hold for 3-5 seconds

TIP: Try not to rock forward or back.

Wood Chop



ANCHOR: Door, high

START: Stand parallel to the door, holding on to one or two of the handles (depending on difficulty), hips straight, upper body and head facing the door, arms up.

MOVEMENT: Twist the body around and keeping your arms straight, bring the arms in a diagonal across the body.

TIP: Try to stay as tall as possible.