Title: Barbell Windshield Wipers

Primary Muscle Groups: Abs

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold a lightly-loaded barbell directly above your chest, and keep your back in full contact with the floor. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lift both legs towards the left plate on the barbell and do your best to touch the plate lightly with your toes. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower both legs down to the central position being sure not to bounce them off the ground.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lift both legs towards the right plate on the barbell and do your best to touch the plate lightly with your toes.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower both legs down to the central position; this completes one rep. </span></li>

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