Title: Cable Core Rotation

Primary Muscle Groups: Abs

Secondary Muscle Groups: Obliques

Summary: <ol>

<li class="p1">Adjust the pulley handle to chest height. Step out and away from the weight. Feet are shoulder-width. Stand with a tight core and flat back. Push the handle out in front of you. Keep elbows slightly bent.</li>

<li class="p1">Twist from the hips. Move arms across the body, achieving a full extension.</li>

<li class="p1">Return to starting position.</li>

<li class="p1">Once complete, do the same amount of sets/reps on the other side.</li>

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