Title: Palloff Press / Oblique Iso Hold

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Biceps, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand with your left side next to a cable machine (you can also tie a resistance band to a wall). You should be side by side with the cable or band. Take the handle in your left hand.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Stand tall with a tight core and flat back. Your feet will be shoulder width apart. Clasp the handle with both hands. Begin by pushing the handle out in front of you.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Feel the tension in your abs and obliques. Hold this position for the prescribed amount of time. Slowly bring the handle back towards your body.</span></li>

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