Title: Upward Cable Wood Chops

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li class="p1">Stand with your side to the cable machine. Grab the handle with the opposing hand first. Keep a flat back and tight core throughout the movement. Squat down by bending your knees and driving your hips back.</li>

<li class="p1">Keeping your feet in position, rise and twist the weight to the opposite side of your body.</li>

<li class="p1">Pause, contract the muscle and slowly return to the starting position.</li>

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