Title: Gymnastic Ring L-Holds

Primary Muscle Groups: Abs

Secondary Muscle Groups: Chest, Triceps

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Using a box, mount the rings with your palms facing inward, keeping your arms straight and close to your body in a support position. </span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Raise your legs out in front of you until they run parallel to the floor. The shape of your body will form an ‘L’.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Hold this position for as long as necessary by fully engaging your core.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lower your legs back into the support position, allow you body to come back down to the box, and give yourself a little ‘self-five’. </span></li>

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