Title: Alternate Heel Touchers / Lying Oblique Reach

Primary Muscle Groups: Obliques

Secondary Muscle Groups: Abs

Summary: <ol>

<li>Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.</li>

<li>Fully exend your arms down the side of your body, palms facing in. This is the start position.</li>

<li>Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.</li>

<li>return to the starting position smooth motion, inhaling as you do so.</li>

<li>Repeat the movement, this time to your left side.</li>

<li>When you have completed the movement on both sides, you have done one repetitition.</li>

<li>Repeat.</li>

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