Title: Double Side Jackknifes

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ul>

<li>Bring yourself to the ground and lie on your left side. Be sure to stack your feet.</li>

<li>Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky.</li>

<li>Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.</li>

<li>Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.</li>

<li>Repeat.</li>

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