Title: Hollow Body Rock Hold

Primary Muscle Groups: Abs

Secondary Muscle Groups:

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.</span></li>

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