Title: Seated Punches

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Shoulders

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Sit comfortably with your feet grounded, knees bent, and body upright.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Slowly lower your upper body backwards just enough to feel a strain on your abs.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">From here throw a desired amount of left and right eye-level punches.</span></li>

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