Title: Windshield Wipers

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups:

Summary: <ol>

<li>Lie on an exercise mat, keeping your back flat with no arching of the spine.</li>

<li>Extend your arms out beside you at shoulder level, with your palms pressed firmly to the floor. Your upper body should form a “T” shape.</li>

<li>Raise your feet off the floor by bending your hips and knees to 90 degree angles. This is the start position.</li>

<li>As you exhale, rotate both your thighs to one side until the outer thigh touches the ground or until you feel a stretch in your abs and lower back.</li>

<li>Pause briefly, then rotate to the other side without pausing in the start position.</li>

<li>When you have rotated to both sides, that is one repetition.</li>

<li>Repeat for the desired number of repetitions.</li>

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