Title: Standing TRX Suspension Strap Ab Rollout

Primary Muscle Groups: Abs

Secondary Muscle Groups: Middle Back / Lats, Obliques

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Holding a TRX band with both hands, tighten your abs, keep your chest up, and place your gaze straight ahead.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Keeping your feet in place, slowly lean forward. In a slow, controlled movement, guide the TRX band above your head with straight arms.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Feel the contraction of your core as you fully extend. Pause and then contract your core to return you to the starting position.</span></li>

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