Title: TRX Suspension Straps Saw Pikes

Primary Muscle Groups: Abs, Shoulders

Secondary Muscle Groups: Glutes &amp; Hip Flexors

Summary: <ol>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bring yourself to the ground and enter an elevated push-up position with your hands below your shoulders and your feet directly behind you. Carefully, insert one foot at a time into hanging TRX bands.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Bend at the hips and drive your glutes skyward, making sure to keep the core contracted. Focus the tension in your shoulders as you make an inverted “V” shape.</span></li>

<li style="font-weight: 400;"><span style="font-weight: 400;">Pause and slowly return to the starting position while maintaining a tight core.</span></li>

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