

ALTERNATING “V” TOE TOUCHES



BENEFITS

Target mainly the upper and lower abs, as well as the obliques and hip flexors; improve balance and coordination.

INSTRUCTIONS

- Lie on your back with your legs extended and your hands at your sides.
- Lift your left leg as you reach your right hand toward it.
- Lower yourself back down and repeat on the opposite side.

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STAMINA

Complete fewer reps. Focus on form rather than set completion.



MOBILITY

Focus on form. Limit range of motion to reduce chance of strain.



BALANCE

Place opposite hand firmly on the ground to help stabilize your upper body.



STRENGTH

Lift only your shoulders off the ground, and reach for your knees instead of your toes.



REPS

10 L/R



SETS

2



HOLD

N/A