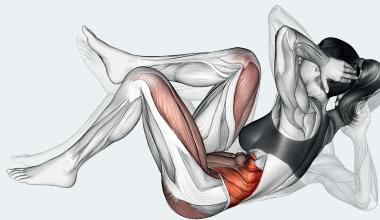
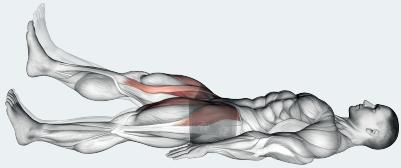


OBLIQUES & HIP FLEXORS



Flutter Kicks

- Lie on your back, legs straight and together with arms either down by your sides or placed under your hips for support.
- Keep your legs straight and lift one leg up to about a 15-45° angle while keeping the other in place.
- Keep core engaged throughout, alternating legs up and down in a controlled manner.



Cable Wood Chop

- Position your body so that the cable movement will be downward and across the body, like a tree chopping action.
- Position the feet comfortably apart and grasp the cable handle with both hands above one shoulder.
- Swing the clasped handle downward and across the body until it passes the opposite thigh.



Bicycle Crunch

- Lie flat on the floor with your lower back pressed to the ground, put your hands behind your head and knees at a 90° angle, but be sure not to pull on your neck.
- Straighten your right leg out to a 45° angle to the ground while turning your upper body to the left, bringing your right elbow towards the left knee.
- Now switch sides and do the same motion on the other side to complete one rep.



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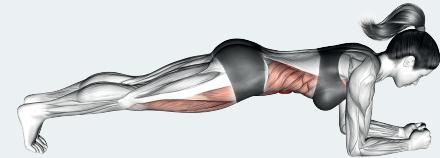
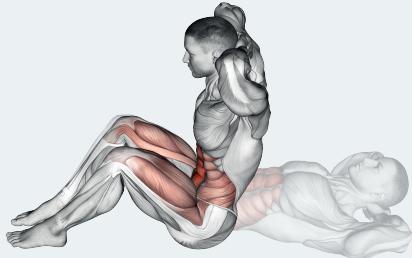
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RECTUS ABDOMINIS & ERECTOR SPINAES WORKOUT



Abdominal Curl

- In a supine position, place hands on the temples, across the chest or on the thighs as preferred while keeping the core engaged and low back flat on the mat.
- Curl up rather than sit up, there should be approximately 30° of spinal flexion.
- Keep legs bent and feet flat on the floor and maintain neutral head alignment throughout.



Back Extension

- In a prone position on the floor, keep legs straight, feet on the floor.
- Place hands behind back, straight out overhead or at the temples.
- Raise the upper body up until the chest clears the floor, avoiding lumbar hyperextension.



Plank

- Get in the prone position with your forearms on the ground instead of your hands, your elbows should line up directly underneath your shoulders and toes stay on the ground.
- Squeeze your glutes and tighten your abdominals while keeping a neutral neck and spine.
- Create a straight strong line from head to toes while holding this position, be sure to control breathing throughout.



Seated Back Extension

- Sit into the machine so that feet are on (or behind) foot rest, and the back pad is on your upper back (shoulder blades) while your torso is slightly pitched forward and head remains neutral.
- Keep knees above your ankles, back straight, abs engaged, and arms crossed at your chest.
- Lean back against the resistance while maintaining neutral spine/posture, avoid lumbar hyperextension.



Seated Abdominal Crunch

- In a seated position, place your feet under the pads or on flat ground, grab hold of the top handles and ensure your arms are bent at 90° and rest your triceps on the pads.
- Begin lifting your legs up as you engage your abs and crunch your upper torso.
- Return to the starting position under control while keeping your head in a neutral position throughout.



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