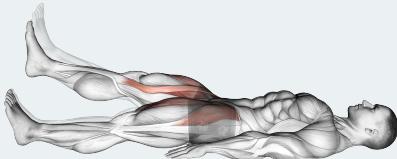
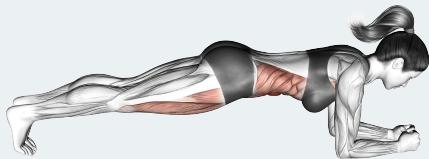


OBLIQUES & HIP FLEXORS



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.



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.



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.



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.

KEY:

FX



FW



BW



ISO



COM

