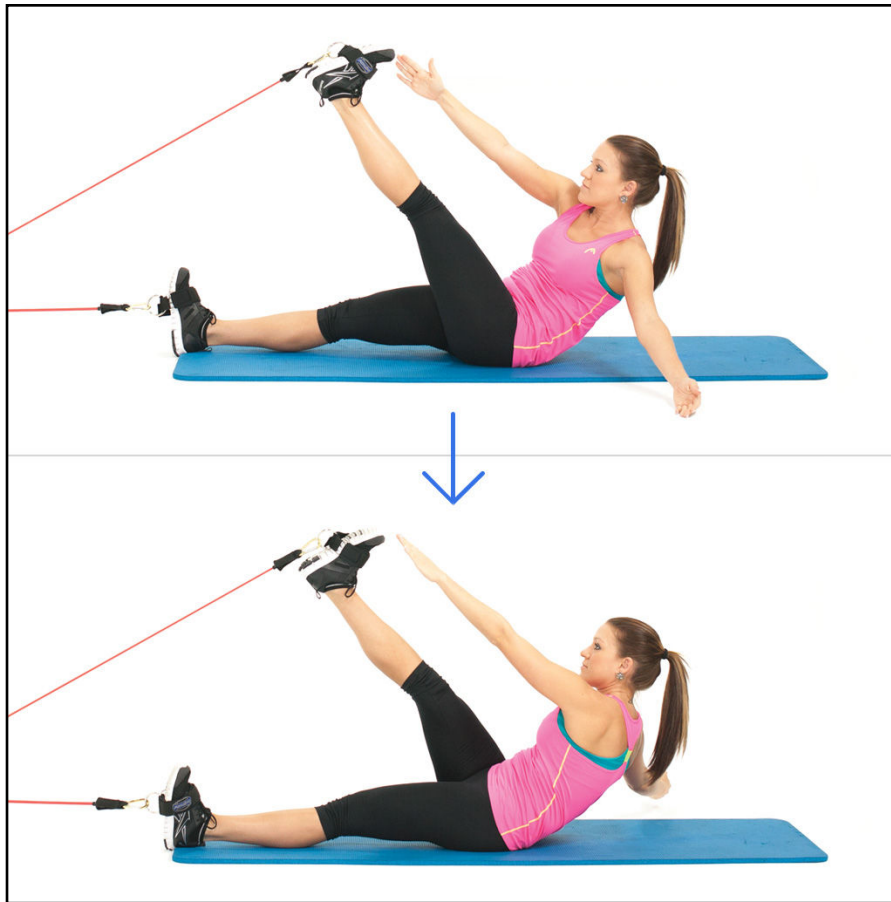


Alternating V-Ups With Bands

Area Targeted: Middle Abs, Some Side Abs & Hip Flexor



INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the bottom of the door. Wrap the band through the door anchor a second time to make a loop. Pull the loop tight (this will prevent the band from becoming damaged).

Bands: Attach each end of the band(s) to an ankle strap.

Body Positioning: Fasten an ankle strap around the bottom of each foot (with the ring on the bottom of your foot), and lie on your back. Move far enough away from the door so that the elastic is beginning to stretch. Place your straight out to the side with palms up.

MOVEMENT:

Raise one leg up while you simultaneously lift and twist your upper body towards the active leg. Touch your active foot with the opposite hand.

POINTS TO REMEMBER:

1. Keep your active leg straight as as your lift it off the floor.