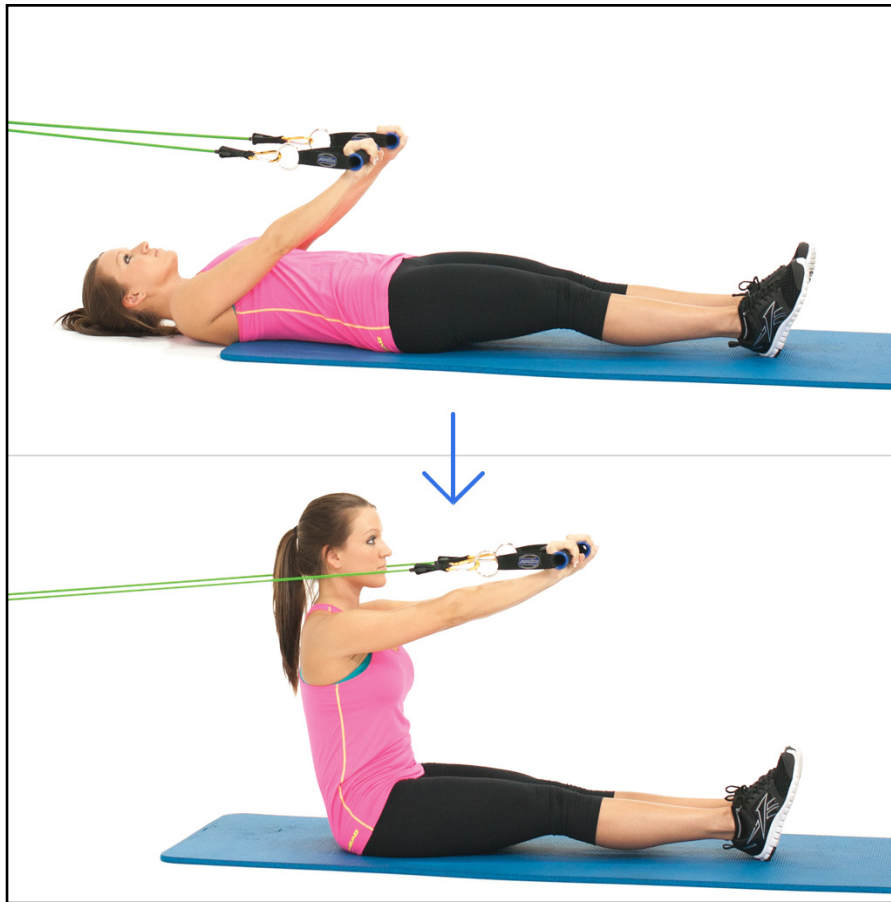


Get Ups With Bands

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



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=IjJo84F5RP0>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at knee height.

Bands: Attach each end of the band(s) to a handle.

Body Positioning: Grip a handle in each hand and lie on your back, with your head 3 to 4 feet away from the door. Now position your arms so that they are straight, 12 inches above your hips, with your hands 12 inches apart, palms facing down.

MOVEMENT:

Raise your upper body off the floor and push the handles forward, until your back is perpendicular to the floor and arms are parallel with the floor. Return to the starting position. Repeat.

POINTS TO REMEMBER:

1. Keep your back straight and chest up as you raise your upper body off the floor.