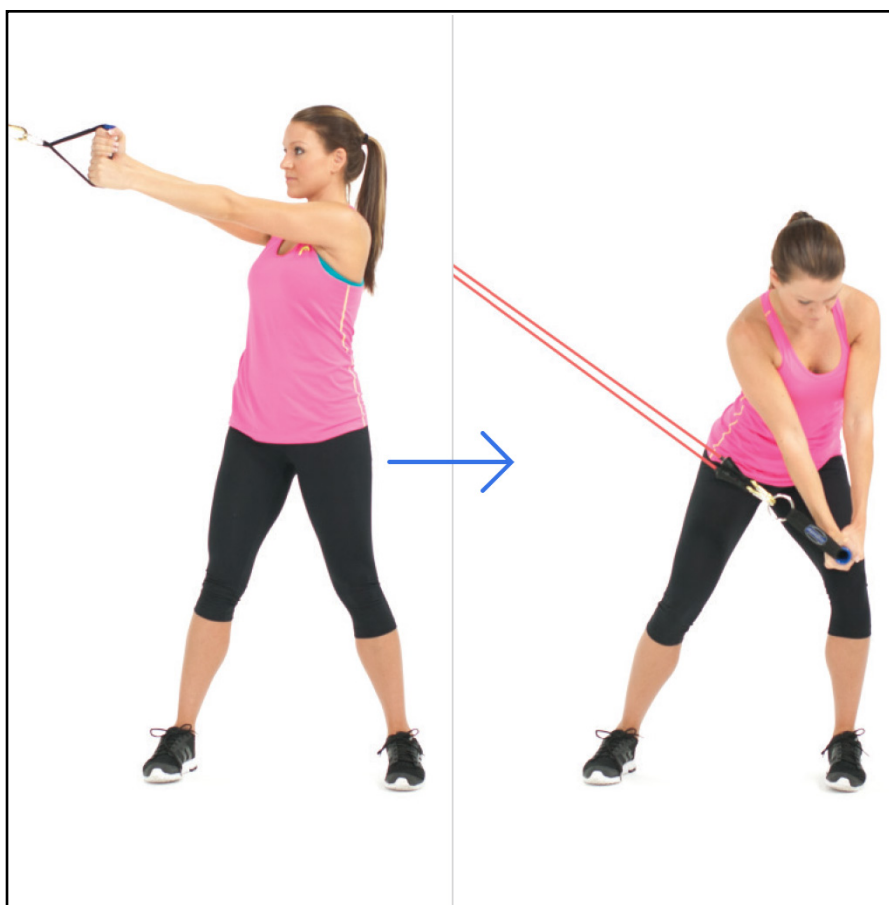


High Low Chops With Bands

Area Targeted: Side and Middle Abs



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=2Av0-FyLiEY>

INSTRUCTIONS:

SET UP:

Anchor: Secure the band(s) to the door with the door anchor at the top of the door.

Bands: Attach both ends of the band(s) to one handle, and grip the handle with both hands.

Body Positioning: Stand about 2 feet away from the door. Turn your body so that your side is facing the door. Keep your chest up, head straight and arms almost straight (elbows slightly bent). Get into the starting position by rotating towards the door so that your arms are pointed up towards the door anchor.

MOVEMENT:

Pull your hands down and across your body until they are by your outer leg, right above your knee. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Maintain only a slight bend in your arms (they should almost be straight).