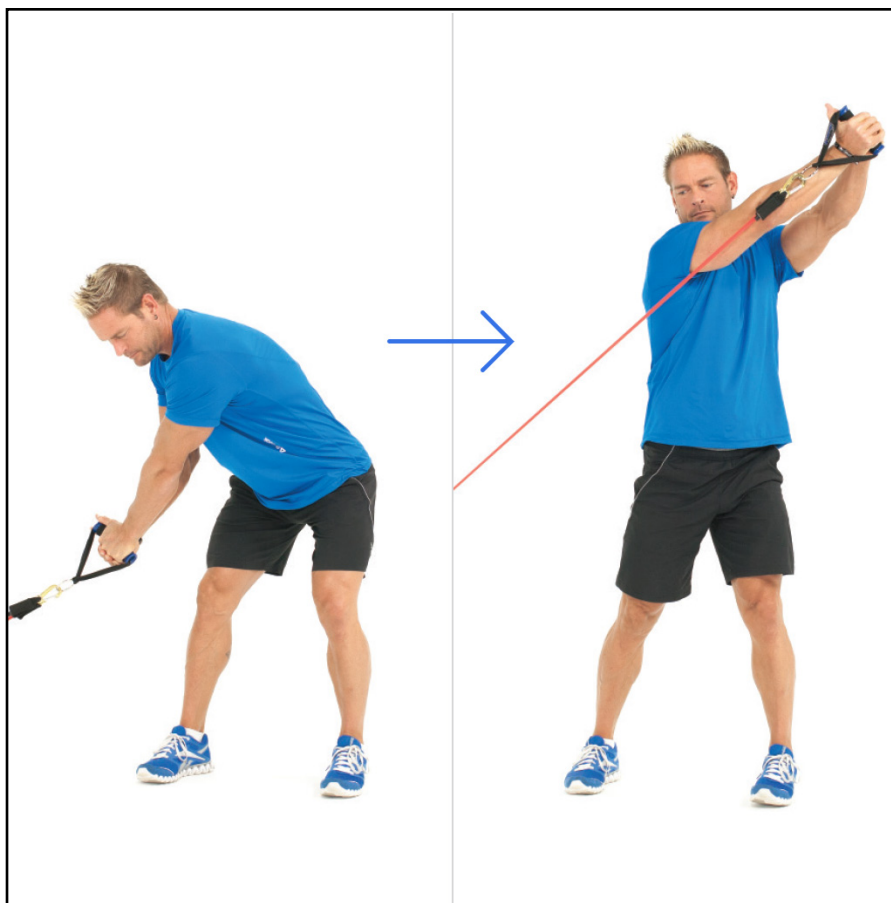


## Low-High Abs Chops With Bands

Area Targeted: Side Abs



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=kPugGvTvl1A>

### INSTRUCTIONS:

#### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the bottom 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 3 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 and bending your body so that the handle is in front of the knee that is closest to the door.

#### MOVEMENT:

Pull your hands up and across your body until they are at eye level. 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.