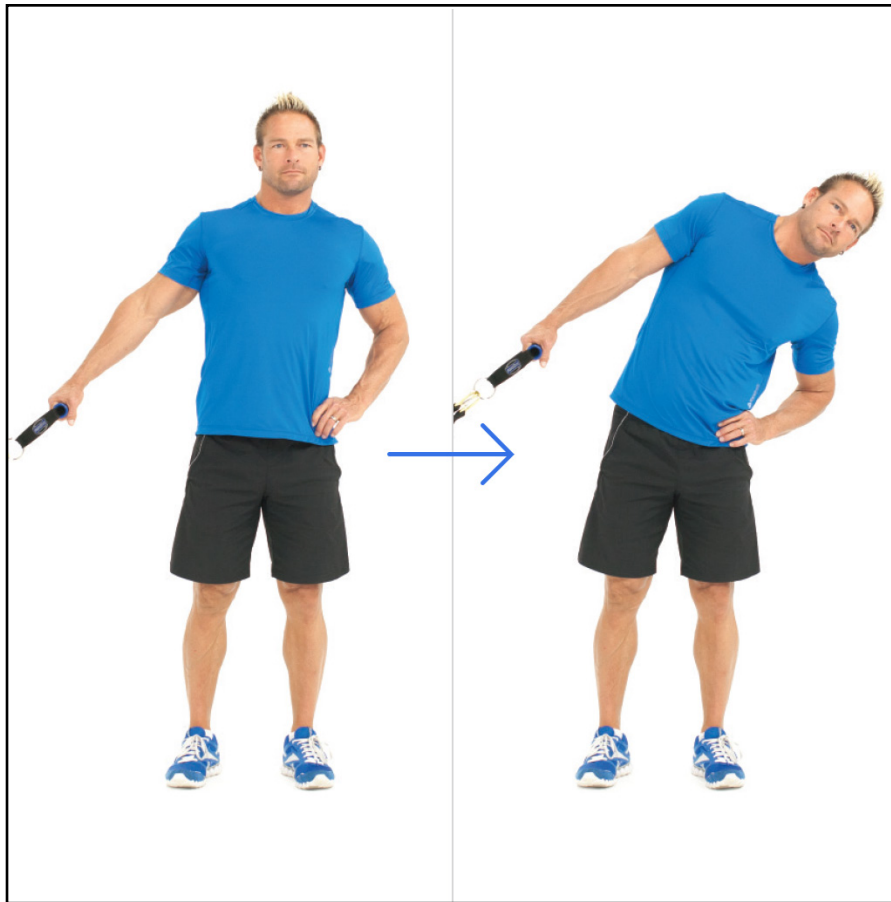


Oblique Side Bend With Bands

Area Targeted: Side Abs



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

INSTRUCTIONS:

SET UP:

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

Bands: Attach both end of the band to one handle and grip the handle with one hand.

Body Positioning: Stand about a 3 feet away from the door. Turn your body so that your side is facing the door. Keep your back straight, head straight and take a wide stance. Your arm straight and pointed towards the door anchor.

MOVEMENT:

Bend your body to the side (from your waist), away from the door.

POINTS TO REMEMBER:

1. While you bend to the side try to keep your legs frozen in place. This will help to isolate your oblique muscles.