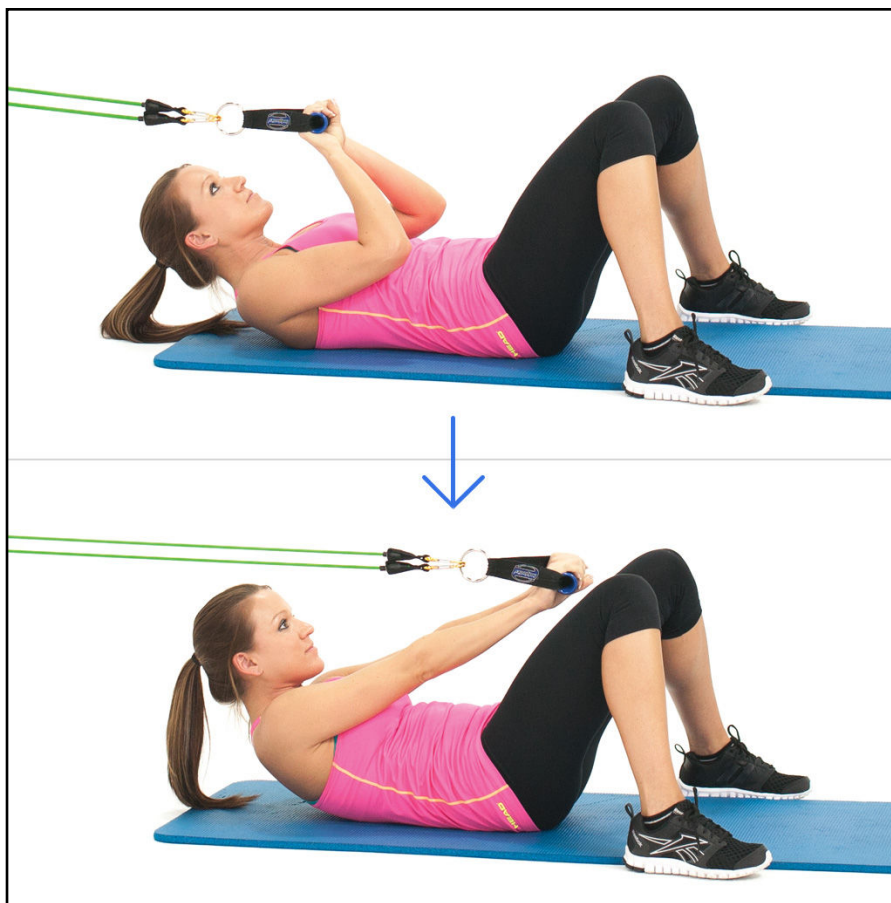


Push Throughs With Bands

Area Targeted: Middle Abs



INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Lie on your back, with your head 3 to 4 feet away from the door. Your feet should be flat on the floor and legs bent, with knees up and about 6 inches apart. Position your arms so that they are bent, with the back of your hands about 6 inches above your chin.

MOVEMENT:

Raise your upper body off the floor and push the handle forward between your knees. Return to the starting position. Repeat.

POINTS TO REMEMBER:

1. Keep your head straight as you raise your upper body off the floor. If you find that you are moving your head up and down during the exercise, tuck your chin into your chest.