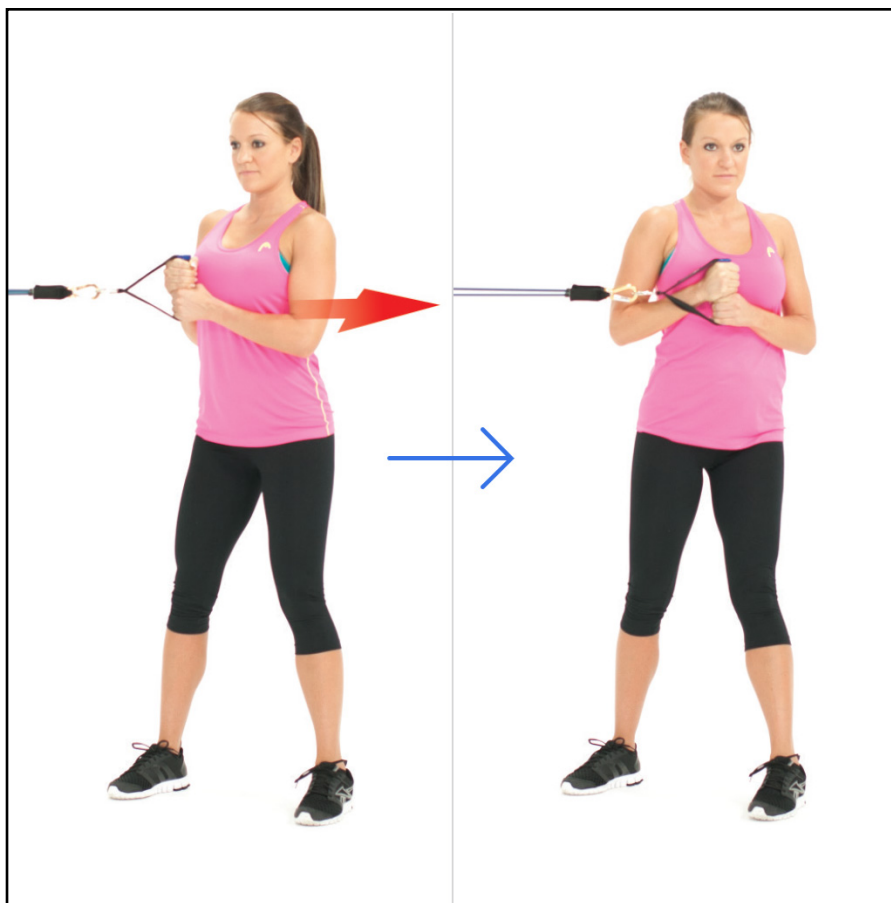


Standing Abs Twist With Bands

Area Targeted: Middle Abs



FIND THIS EXERCISE ON YOUTUBE: <https://www.youtube.com/watch?v=J77clpfqdfE>

INSTRUCTIONS:

SET UP:

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

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

Body Positioning: Stand about 3 to 4 feet away from the door, with your side facing the door. Keep your back straight, head straight and stomach tight. Position your arms in front of your body with your hands in tight to your chest.

MOVEMENT:

Rotate your upper body (from your waist) away from the door and tension, until your body naturally stops. Return to the starting position (controlling the resistance). Repeat.

POINTS TO REMEMBER:

1. Keep your lower body stationary as you rotate your upper body.