ISOMETRIC OBLIQUE STABILIZATION

DIFFICULTY: EASY - ALL FITNESS LEVELS
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE

1. Lie on your back with both knees bent.
2. Bring one knee up towards your head, keeping a bend of about 90 degrees in your knee and hip.
3. Place resistance on the lifted knee by pushing back against it with the opposite arm to contract your obliques (these are your side abdominal muscles).
4. Make sure to keep your head and shoulders on the floor while doing so, and note that there should be minimal movement of the knee as you contract your obliques.
5. Hold 5 seconds.
6. Perform the same exercise as above using your other knee and arm.
7. Repeat 10 times.
8. Complete 2 sets per day.