PARTIAL CURL-UP – OBLIQUES

DIFFICULTY: MODERATE
TYPE: CONDITIONING
GOAL: BUILD CORE STRENGTH

PROCEDURE
1. Begin lying on the floor with your knees bent.
2. Engage your deep abdominal muscles and slowly raise your head and shoulders up and to the side so your shoulder blade is completely off the floor.
3. Reach your arms to the outside of your opposite knee, keeping your abdominals engaged.
4. Hold for 3 seconds.
5. Repeat 10 times.
6. Complete 2 sets per day.