



TWIST CRUNCH

Technique

Lie with one leg crossed on top of the other, hand held lightly behind your head.



Lift your upper body off the ground, rotating toward your opposite knee; pause, lower. Repeat on opposite side.

✓ Don't jerk up or pull on your neck.





KICKBACK

Technique

With an ankle weight on one leg, kneel on bench as shown.

No bench?

Do this movement on the floor.



Raise your extended weighted leg until parallel to the ground; pause, lower. Repeat with other leg.

✓ Don't allow hips to rotate to either side.

✓ Keep your back flat.





TRICEPS STRETCH



Technique

Sit or stand, raise your arm overhead and place palm on the middle of your upper back.

With your opposite hand, push down on the bent elbow.

Hold for 10 seconds; relax, and repeat on each side 2–3 times.