

## KNEE DROP FRONT & BACK

### KEY COACHING FOCUS:

Opposite shoulder anchored to the floor

### SETUP

- Knees aligned with hips
- Drop knees towards the front
- Knees back, in line with hips
- Anchor both shoulders to the floor



### FOLLOW-UP

- Start to feel your obliques working
- Keep the abs braced to protect your lower back

## BRIDGE

### KEY COACHING FOCUS:

Squeeze glutes to lift hips

### SETUP

- Lie on back – feet on the floor, knees bent
- Squeeze glutes to lift the hips



## HOVER

### KEY COACHING FOCUS:

Brace abs to keep back long and straight

### SETUP

- Elbows under shoulders
- Knuckles together
- Knees just outside hip-width
- Lift up on toes, hips to shoulder height
- **Abs braced to support lower back, keep back long and straight**
- Shoulders back and down
- Eye gaze to your fists



### FOLLOW-UP

- Lift kneecaps to tighten the quads, push harder through the forearms
- Open the chest to prevent the back from rounding

### OPTION

- Decrease intensity by dropping to knees



## OBLIQUE LEG EXTENSION

### KEY COACHING FOCUS:

Chest lifted with abs braced

### SETUP

- Elbow under shoulder
- Balance on meaty part of butt
- Legs straight, feet together
- Knees to chest and out
- **Chest up to give you great posture**
- **Brace your abs like concrete to keep you stable**



### FOLLOW-UP

- Challenge, lift the back arm, hold your waist; the tighter you can make those muscles, the harder you work and get greater results
- If your chest drops, put one foot down on floor

### OPTION

- Decrease intensity with one foot down on floor



## SIDE HOVER WITH OBLIQUE CRUNCH

### KEY COACHING FOCUS:

Keep hips square to the front

Keep bottom hip lifted off floor

### SETUP

- Lie on one side
- Elbow under shoulder
- Top leg straight, bottom leg bent
- Lift the hip to a Side Hover
- Lift top leg to be parallel to floor
- Down, up, down, up
- **Brace the abs**
- **Keep hips square to the front**
- **Toe taps down to the floor lightly**
- **Keep bottom hip lifted**  
(With Oblique Crunch)
- Bring your arm over your head
- Side Crunch, elbow to knee



### FOLLOW-UP

- Your goal is to keep the body still while the arms and legs challenge the core
- Reach as far as you can
- Bring your knee in as closely as you can, to feel the obliques working harder

## SIDE HOVER

### KEY COACHING FOCUS:

Keep bottom hip lifted

### SETUP

- Elbow under shoulder
- Head in line with spine
- Bottom leg bent, top leg straight
- **Lift bottom hip**
- Top arm reaches up
- Forearm pushes down into floor
- **Hips and shoulders square to front**



### FOLLOW-UP

- Stretch top arm straight upwards to open the chest and lift out of grounded elbow
- Lift hip a little higher to drive intensity

### OPTION

- Increase intensity by coming into Split Stance on feet (top leg forward)

