

66. THE WOODCHOPPER

Lock both hands around the band (or handgrip) and pull arms diagonally across your body. Twist your torso while keeping your abs contracted, back straight and arms fixed in a slightly bent position.

- Center your body weight over your feet and your head over your shoulders.
- Rotate shoulders and hips together as a unit with abs.



VARIATION

Raise or lower A.P. height:

1. A low A.P. height will require you to pull the band across your body at an upward angle; pull at a downward angle when using a high A.P.
2. Pull band horizontally across body when using a chest-level A.P.

