

# Standing Obliques



**Muscle Group:** Core (obliques) | **Sets & Reps:** 3x10 | **Equipment:** Body weight

## Instructions

1. Stand with your feet hip width apart and arms by your side.
2. Reach down to the right side toward your knee, lift back up, and do the same on the left side.
3. Repeat 10 times (3 x 10).

## Tips & Modifications

- Keep your back straight and bend at your side.
- Beginner Tip: To practice correct alignment, hold your hands on your hips and lean side and to side.



Click here or scan the QR Code to the right to watch video instructions!

