Standing Obliques



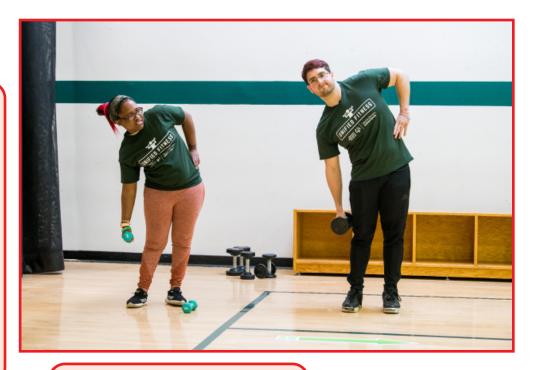
Muscle Group: Core (obliques) | Sets & Reps: 3x10 | Equipment: Body weight

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 (3×10) .

Tips & Modifications

- Keep you 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!

