

Living Lean Move of the Month

Tis the Season to Get Ripped

V-Up



Lie on the floor with your legs slightly bent and hold a medicine ball at arms length overhead. Contract your abs and raise your legs and torso into the air, pulling the ball in front of your body, until your body forms a v shape.

Lower your arms and legs back to the floor. That's one rep. Repeat 12 times.

Living Lean Personal Training and Eating Program for Optimal Fitness