

Move of the Month

Oblique V-UP



a. Lie on your side with your body in a straight line. Put your hands behind your head.



SALLY HOGARTY

b. Keeping your legs together, lift them off the floor as you raise your top elbow toward your hip. The range of motion is short, but you should feel an intense contraction in your obliques.

-- Courtesy of Living Lean 925-360-7051.