

## TAKE IT TO THE WALL, TRAIN THE CORE

### **FitnessGenerator.com Exercise of the Month:**

#### ***Russian Twist***

Try this for **real core strength!**

#### **INSTRUCTIONS:**

1. Start by sitting on the floor with hips and knees flexed to approximately 90 degree angles.
2. Grasp a medicine ball or small dumbbell and swing it to the right and left as you keep the hips from rotating with the shoulders.
3. The arms are not perpendicular to the torso, but instead, kept low, near the thighs, as the medicine ball is swung to each side.
3. Repeat for the prescribed repetitions.



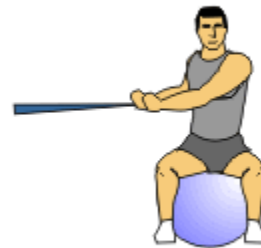
### **FitnessGenerator.com Exercise of the Month:**

#### ***Reverse Woodchop on the Ball***

Wanna get strong - do the woodchop!

#### **INSTRUCTIONS:**

1. Start by sitting on a ball and reaching down and grabbing your band.
2. Keeping your arms straight rotate your body and raise your arms up towards the opposite shoulder.
3. Return to the starting position and repeat for the desired repetitions. Complete same movement with the other side.



### **FitnessGenerator.com Exercise of the Month:**

#### ***Stability ball crunch with a band***

Add some resistance to the traditional ball crunch

#### **INSTRUCTIONS:**

1. Start by lying on top of the ball with the small of your back towards the top of the ball.
2. Place the stability ball in such a position so that the band is behind your head to start the movement. Crunch up and keep your hands and the band behind your head.
3. Return to the starting position and repeat for the desired repetitions.

