

Woodchoppers



Description: Start in standing position with legs slightly wider than shoulder width apart and a slight bend in the knees. Holding the medicine-ball with both hands, extend arms to your left side diagonally overhead. Bring the ball diagonally across body (to right side) to about hip height. Simultaneously, bend the knees and push hips back into a ¼ squat. Return to starting position by reversing the movement: extend through the hip while arms remain extended away from the body and return to a diagonal overhead position. Repeat on same side for the desired number of reps then switch and repeat on the opposite side.

Sets/Reps: 3 sets of 10-12 repetitions.

Common Mistakes: Rotating from the low back; shoulders and hips should rotate as well. Not engaging obliques (this overworks back muscles), leaning too far forward with the torso.

Target Muscles: Abdominals, obliques and shoulders.

Modifications: Try with very light weight, then progress to a heavier medicine ball. To increase the difficulty further use cables on a machine.

If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.

