

Movement of the Week

Side-step Oblique Blast



Description: Vertical Handle. Stand facing 90 degrees away from machine with feet in a comfortable position. Grasp handle with both hands and fingers crossed to maintain a firm grip. Arms are extended out in front of chest at approximately shoulder level. Once in position side step one foot following the other. Do this three times away from machine. Then three steps back towards the machine controlling the weight, not letting it pull you (3 steps out and 3 steps back = 1 repetition).

The steps should be slow and controlled. Maintain arm position centered with the chest, so body is moving as a single unit. Perform 3-6 repetitions and then switch to other side.

****Tip:** The further the arms from the body the more challenging the exercise will become. Adjust the distance according to your fitness level. Start with a light weight until comfortable with the exercise.

Sets/reps: 3-6 Reps/side, 2-3 Sets.

Modifications: Bring hands closer to chest for an easier modification, then press fists out in front and return them to chest. Complete this after each step. The harder modification is keeping arms fully extended out in front the entire set.

Target Muscles: Obliques, Front Deltoid, Chest.

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

