**SIDES: OBLIQUES**

**Side Bend**

Sit up straight with feet flat on the floor. Exhale and slowly slide one arm toward floor. Inhale and return to starting position.

Complete 8-15 repetitions.
Repeat with other side.
Do 1-3 sets.

**CORE: OBLIQUES & LUMBAR ROTATORS**

**Spinal Twist**

Sit up straight with legs pressed together and feet flexed. Reach arms out to sides with palms facing forward. Exhale and twist to right side. Inhale and return to starting position. Repeat to left side.

Alternate sides. Complete 8-15 repetitions. Do 1-3 sets.

**SHOULDERS & ARMS: DELTOIDS & TRICEPS**

**Chair Push-Up**

Place hands on arm rests of a stable chair. Straighten arms by pushing down into arm rests and lift buttocks off seat. Slowly lower back down to starting position.

Complete 8-15 repetitions.
Do 1-3 sets.