## Punching Ab Rotation

Starts Pulley at mid position.

Hold the grip in one hand.

Facing equipment rotate 90 degrees. Feet slightly more than shoulder

wiidth apart.

Hand at shoulder height with elbow up. Start Position





Outward phase: Moving from torso.

Rotate torso away from equipment. Punch in a slightly upward motion.

Inward Phase: Return to start position by rotating

torso.

# Leaning Ab Rotation

Pulley at high position.

Hold the grip with both hands. Facing equipment rotate 90 degrees.

Feet slightly more than shoulder

width apart.

Arms at 90 degrees with hands near shoulder closest to equipment.

Outward Phase: Moving from torso.

Rotate upper torso away from

equipment.

Hands move across body from shoulder

position to opposite knee.

K eep abs tight.



Start Position



End Position

Inward Phase:

Return to start position maintaining

proper stance.

## Forward Lunge

Start:

Pulley at mid to low position. Hold the grips with hands and face

away from equipment.

Forward Phase: Take a natural step forward.

> Flex the hip back. Head forward. Chest up. Black flat.

M ove until the knee is at 90 degrees and upper thigh is parallel to the floor.

Backward Phases Stand up maintaining good body

position.



Start Position



End Position



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Joacim Rocklöv

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