

**Reverse Wood Chops**

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- Stand with your feet shoulder width apart, knees slightly bent, holding a medicine ball or other weight such as a dumbbell, sand/water filled detergent bottle, or other item. You can also sit on a ball or chair to do this.
- Keeping your back straight, tighten your abdominal muscles, holding that tightness throughout the motion.
- Starting with the ball/weight on one side of your body, arms extended toward the floor, rotate trunk by bringing hands above opposite shoulder. This is similar to the upswing when chopping wood.
- Keep your pelvis stable and be careful to not arch your back. The motion is a rotation in your torso and movement in your arms, not movement at the hips. Keep your back strong and your abs tight!
- Return to the start position, repeating the motion. Repeat on the other side.
- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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