

Medicine Ball Wood Chop

Body Part: Abs

Equipment:
Medicine Ball

Advanced Modifications:
Keeping your lower body planted and torso square. Without twisting from the waist or moving your hips or feet, slice the medicine ball down on a diagonal toward your opposite hip.



- Start with the feet a little wider than hip distance apart, keeping the knees slightly bent, and bring the medicine ball to your left shoulder.
- On an exhale, pull abs to spine, and "chop" the ball down diagonally across your body toward your right knee. Imagine you're chopping some wood at this angle and the ball is your axe — the move is a bit percussive.
- Focus on the rotation initiating in your torso. Control the ball back up to the starting position. Remember you are moving with force but control. Don't give in to the momentum of swinging the ball around.