

## **BODYWEIGHT OBLIQUE WORKOUT by Amy Knight:**

This workout will target your obliques. There are 9 exercises. Perform each side for 20 seconds before moving on to the next exercise. Perform the whole circuit 1x. If you want to really challenge yourself do the circuit 2x

Here is the workout: No equipment required. 20 sec each side

1. Quadrupled Thoracic Spine Rotation- On all four's- begin with right hand on floor/ left hand behind head and elbow out – start by bringing the elbow down toward the floor then rotating up toward the ceiling. Repeat then next 20 sec w/ left hand down and right elbow.
2. Table-top Resistance: On back. Legs in table- top position- knees over hips. Take your right hand on your right knee and press against the knee as the knee presses against your hand. Press as hard as you can for 20 sec. Repeat on the left knee/ hand – 20 sec.
3. Bird-dog Crunch: On all 4's – right arm extended in front and left leg extended behind. Crunch elbow and knee together letting the whole body including the head crunch in. Then extend back to start. Repeat the next 20 sec w/ left arm and right leg extended.
4. Quadrupled Anti-Rotation: On all 4's balance on right arm and both knee's. Extend the left arm in front and then move to side. Keep motion going for 20 sec before moving to the other side. Make sure you keep core braced and hips stable.
5. Sprinter sit-ups: Lie on your back. Bring right knee in and crunch left elbow all the way up to meet it. Then left knee in and crunch up to meet it. **This exercise alternates so you need to do for 30 sec.** Keep momentum out of it as you crunch up. Try to crunch all the way up, but if you cannot, just crunch up as far as you can.

6. Bicycle Crunch Pulse: On your back- bring your left knee in, cross your right elbow toward the knee and hold. Then pulse for 20 sec. Repeat for 20 sec on the other side.
7. Straight leg pulse: On your back- Left leg straight up toward ceiling- crunch up with right hand toward the left foot and pulse for 20 sec. Repeat 20 sec on other side.
8. Cross-Body V-up: On your back – lift and lower left leg from the floor as you crunch and reach up with right hand toward the leg. Try to come as high as you can and try not to drop your head all the way down, just the back. Perform for 20 sec then perform for 20 seconds on the other side.
9. Forearm Side Plank with Hip Dip Pulse: On your right side in forearm plank -lower and lift the hips w/ a small range of motion ( **not** all the way to floor!) for 20 sec, then repeat lying on you left side for 20 sec.



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