

# Move of the Month

## - TRX Suspended Oblique Knee Tucks -

### BENEFITS: -

Improved balance, co-ordination,  
Abdominal, Oblique and back strength

Start in a plank position with both feet firmly planted in the TRX, making sure your shoulders and hips are in line.

Brace abdominals.....





...draw both your knees to one side

Of your body (keep them close together), making obliques kick in. Lengthen back out to your original plank position and then draw both knees to the opposite side.

Repeat the movement again for the recommended time & then do the same for the opposite leg.

### **HOW MANY TIMES?:-**

Do this for 30 seconds 3 times with 20 seconds rest in between. Ask a member of the Gym Team for help.