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exactly). Sit with your legs outstretched and bent legs. Put your hands on the floor and slightly around the torso. Lift your hips off the floor, hold for 5 seconds and release. Repeat.40. Rotation push-upStandard push-ups are not cutting? Here's a variation: After you come back to the starting push-up position, rotate your body to the right and extend your right hand above, forming a T for your arms and torso. Return to the starting positionNormal push-up, then turn left.41. Flutter kickLie face up with your arm on your side and his palm down. Lift the heel about 15 cm from the floor with your legs outstretches. Make small, fast, up-and-down pulses with your feet while keeping your core. Kick it straight for a minute.42. Dynamic prone planksSy start with a standard plank position, lift your hips high as they can go. Let them down. Continue this movement as long as possible. Make sure your back stays straight and your hips don't drool. You want to strengthen your back? Try these moves.43. Side plankIt's tough for people without a plank experience, so it's easy to lie face up and roll sideways. Come up on one leg and elbow. Make sure your hips are raised and the core is on. Keep tight for 30-60 seconds – or as long as possible with your stomach. There are plenty of sideboards where that came from.44. Russian twistFeel as a fitness tsar yet? Sit on the floor with your knees bent and legs together, lifted a few inches from the floor. With your back at a 45 degree angle to the floor, move your arms from side to side in a winding motion. Here the slow and steady wins the race: The slower the screw, the deeper the burn. 45. BicycleJust keep the helmet in the cupboard. Lie face up with bent knees and hands behind your head. Bring your knees to your chest. Bring your right elbow to your right knee as your right leg straightens out. Keep on alternating sides like you're pedaling on a bike. 46. Crunch Before anyone crowned Cap'n Crunch, remember: Form is key. Lie face up with bent knees and feet on the floor. With your hands behind your head, your jaws down a little. Pull your head and shoulders off the floor while coating the core. Continue curling until the top of your back is off the leg. Hold briefly and slowly lower your torso back towards the floor.47. Segmented rotationBe the oblique! Lying face up with your knees bent and seed tight, let the knee fall gradually to the left until you feel a good stretch. Hold for 5 seconds, then return to the center. Repeat on the right.48. One-leg abdominal printFace upwards with bent knees and your feet flat on the floor. Tighten the abdomen and lift the right leg, the knee bent at a 90 degree angle. Push your right hand to the top of the raised knee, applying pressure with your core between your hand and your knee. Hold for 5 seconds, then down. Repeat with your left hand and knees.49. Double-legged belly printtwo feet twice as fun! Follow the same dilapidated one-legged printing press (see number 48), but raise both legs at the same time and press your hands to your knees.50. Sprinter situp Want a speed demon without getting off the floor? Lie face up with your feet straight and your arms on your side, bending your elbows at an angle of 90 degrees. Now sit up and raise your left knee to your right elbow. Back to the starting position. Repeat on the other side. Thanks to our friends at Lululemon for fitting the model of the Swiftly Tech Racerback and Ebb To Street Pant. It will last be 31 December 2020.

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