

PLATE WOODCHOPPERS



1. Stand tall while holding a **Weight Plate** from both sides with your arms fully extended, and your feet placed at about hips width apart. Elevate your heels by placing a small weight plate under each heel. Now do a half squat as you rotate your torso all the way to your right side with your arms fully extended carrying the weight, and with your head facing forward towards your hands. This will be your starting position.
2. In a smooth & controlled fashion, engage your quads muscles to stand up while simultaneously engaging your right side obliques & core muscles to lift the weight plate all the way up and across your body in a vertical semicircular motion until your arms are fully extended with the weight at your top left side. Keep your torso straight and your arms close to your body as you stand up. Your head should be facing your hands holding the weight throughout the entire movement so that your arms and your head are rotating together as one unit.
3. Slowly return the weight back down to it's starting position using the same motion you've use to lift it up in, while keeping your right side obliques & core muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch sides then repeat the same exact motion for the same recommended amount of repetitions.

CAUTION: NEVER use a heavy weight plate when performing this exercise to avoid getting any core (abdominals or lower back) and/or shoulders injury. A weight plate that is not too heavy should have you mostly engage your obliques & core muscles -as it should- instead of having you rely on your arms & shoulders to perform this exercise. Pick a lighted weight plate if you ever felt that your arms and/or shoulders are being more engaged than your obliques & core muscles -which should be the main muscle groups you're targeting.

ALTERNATIVE EXERCISES: [Upwards Cable Woodchoppers](#) / [Dumbbell Woodchoppers](#)

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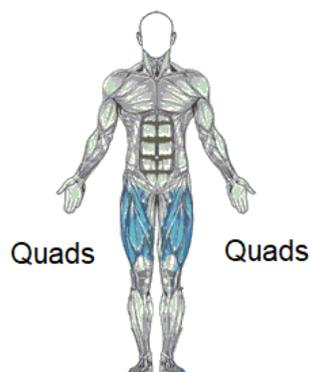
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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