

OBLIQUES WEIGHTED EXTENSIONS



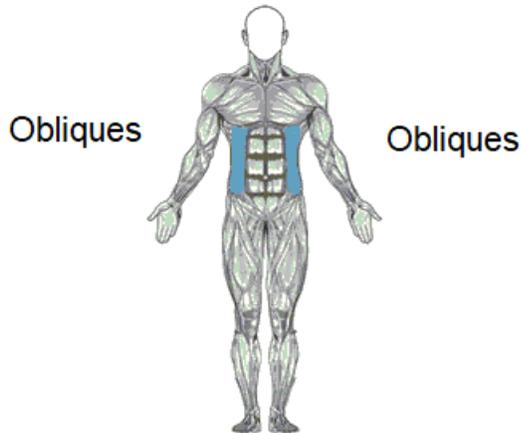
1. Adjust the upper pad of a **Lower Back Bench** so that the side of your hip can lie flat against it's pad. Make sure to leave enough room for your torso to be able to bend sideways at the hip/waist without any restriction. Stand sideways with your left hip resting against the upper pad of the bench, and stack both your feet against it's footpad. Place your right hand lightly next to your head, with your left arm hanging straight down on your left side while carrying a 'light' dumbbell. Your posture should be leaning more towards the floor than being straight. This will be your starting position.
2. Slowly start bending your torso at the hip/waist towards your right side as far as you can go by crunching your right side obliques muscles as hard as you can, and while keeping your left arm fully extended with the weight.
3. Return your torso back to it's starting position while keeping your right side obliques muscles fully engaged and under constant tension.
4. Repeat this motion for the recommended amount of repetitions.
5. Switch sides, arms and legs positions then perform the same exact movement for the same amount of repetitions.

CAUTION: NEVER use a heavy weight dumbbell when performing this exercise to avoid getting any lower back and/or hip injury. STOP immediately if you felt any severe discomfort or experienced any sharp pain anywhere across your spine or lower back while performing this exercise. Do NOT swing your torso in any way while performing this exercise to protect yourself from getting a lower back injury, rather execute a slow and controlled movement.

ALTERNATIVE EXERCISES: [Obliques Cable Crunches](#) / [Decline Cable Woodchoppers](#)

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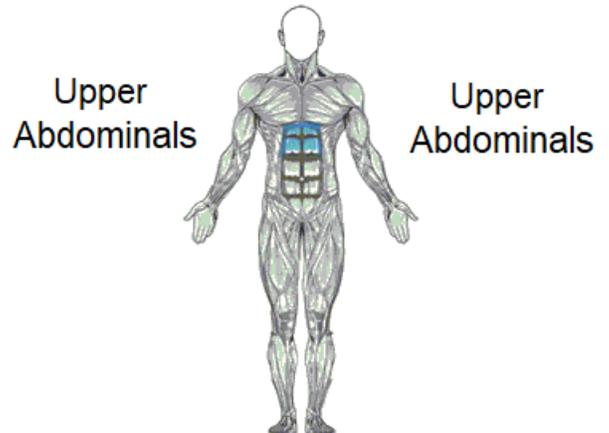
PRIMARY MUSCLE



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 **%80 - %90** when performing this exercise.

SECONDARY MUSCLE



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 **%20 - %10** when performing this exercise.



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