



Half-Kneeling Diagonal Lift

Starting position:

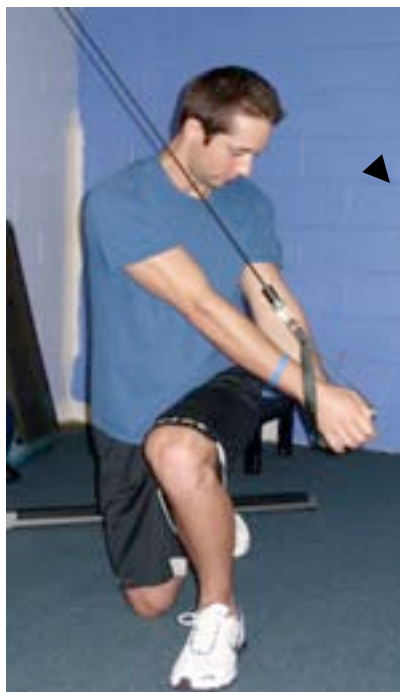
Half-kneeling on one knee with other foot in front and good back posture.

Movement:

Keeping your arms straight, tighten your core and lift up and across your body in a diagonal pattern. Follow your hands with your eyes and head. Slowly return to starting position. Don't let front knee move in or out during movement.

Perform ____ **Reps** ____ **Sets** ____ **X/day**

Resistance: _____



Half-Kneeling Diagonal Chop

Starting position:

A half-kneeling position on one knee and one foot.

Movement:

Keeping your arms straight, tighten your core and pull down and across your body in a diagonal pattern. Follow your hands with your eyes and head. Slowly return to starting position. Don't let front knee move in or out during movement.

Perform ____ **Reps** ____ **Sets** ____ **X/day**

Resistance: _____