Full Body (bands)

Diagonal Woodchops

Exercise Description:
Diagonal Woodchops
Classification:
Full Body (bands)
Instructions:
Starting Position: Start with your arms extended holding the cable handle down and to your left..
1. Bring cable handle up and away in a wood chopping motion.
2. During this motion your feet stay stationary and you rotate at your trunk. Repeat this motion for the desired repetitions and then repeat in the opposite direction.

High Pull with Band
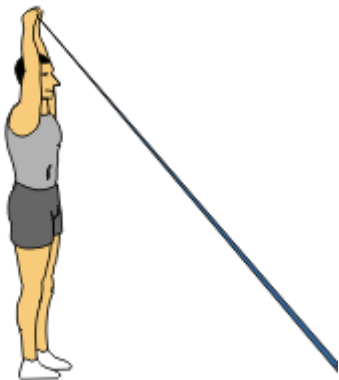
Exercise Description:
High Pull with Band
Classification:
Full Body (bands)
Instructions:
Starting Position: Face the cable with your hands outstretched and hanging on to the cable handle in a low position.
Keeping the arms straight stand up using your low back and raise your arms above your

head.
Return to the starting position and repeat.

Reverse Wood Chop with bands or cable

Exercise Description:
Reverse Wood Chop with bands or cable
Classification:
Full Body (bands)
Instructions:
1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body. Keeping your arms semi straight rotate your body out and away from the band.
3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.
4. Return to the starting point and repeat according to the required repetitions.
5. Repeat with the other side.
Wood Chop with band or cable

Exercise Description:
Wood Chop with band or cable
Classification:
Full Body (bands)
Instructions:
1. Start by standing parallel to the band or cable.
2. Hang onto the handle in front of your body but up above your head and over the shoulder. Keeping your arms semi straight rotate your body down and away from the

band.

3. Keep your feet planted and twist from your trunk or core. Remember to keep your arms semi straight throughout the movement.

4. Return to the starting point and repeat according to the required repetitions.

5. Repeat with the other side.