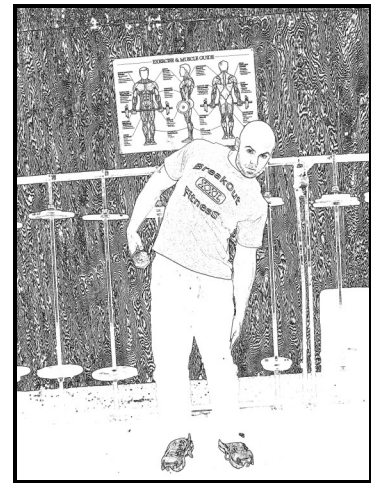


Side Bends

- Always consult a physician before beginning any exercise routine.
- Drink appropriate amounts of fluid to remain hydrated-if you have any related conditions, ask your doctor how to do so properly.
- No dumbbells? A 16 oz canned good = 1 lb weight!
- Effective workout routines can be done in 30 min, 4-5 days a week.
- Walking, in appropriate footwear, at good pace can be a great way to remain active in between workouts.



Focus of exercise: Oblique Abdominal muscles

Stand with feet shoulder width apart, keeping your shoulders back to maintain good posture. Hold an appropriate weight in one hand, face your palms inward, and rest weight on the side of your leg. This is the starting position. Slide the weight down to one knee, slide weight back up and continue the movement by sliding your empty hand down to the opposite knee. Return back to starting position to complete one rep, all in a smooth and controlled movement. Switch weight to other hand and repeat to finish one set of the exercise. Focus on using the opposite-side oblique muscles throughout the exercise.

Repeat for 2-3 sets of 8-15 reps each side.