

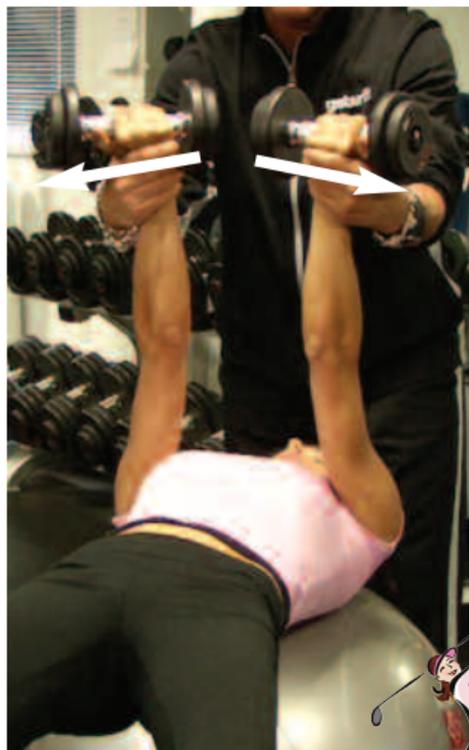


The Set-up

- Head and neck supported on the ball
- High bridge to turn on core, feet wide
- Set-up with dumbbells at 90 degrees
- Push up to full extension, at the top - invert heads

Key Points

- Start inverting at 90 degrees to allow time to invert
- Remember do not drop past 90 degrees
- Keep squeezing and lifting glutes through exercise



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