



The Set-up

- Walk off ball a bit and feet tight together
- Sit tall, core tight
- Chest and chin up
- Grip - thumb over the top
- Arms relaxed down at side to start

Key Points

- Raise weights up one at a time - up to 90 degrees...
...and then cut in to end in front of face
- Advanced: feet on tip-toes to work core more



gstarfit
eternalyouth

