

Exercise of the Week

This week's exercise

Aquabag Figure 8's

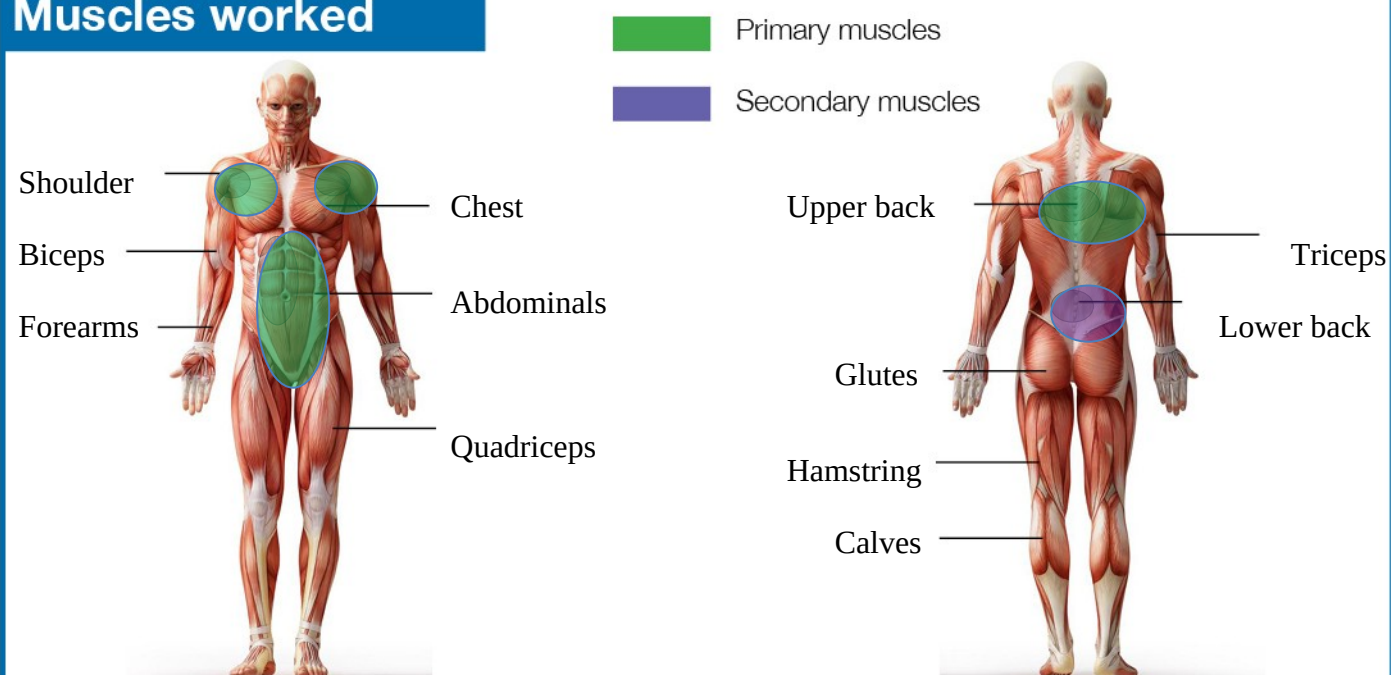
Exercise type

Functional

Benefits

- Increases core stability and rotational strength.
- Increases mobility as well as strengthening the obliques.
- Increases muscle strength, particularly in upper body and core.

Muscles worked



Considerations

- Keep your upper body straight, with your shoulders back, relaxed and chin up.
- Keep your core muscles tight in your lower back, abdominals and hips to help keep you stabilised and protect your back.
- Deliberate and controlled movements are much safer, furthermore will yield better results.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.