

Exercise of the Week

This week's exercise

Abdominal Wheel Rollout

Exercise type

Body Weight

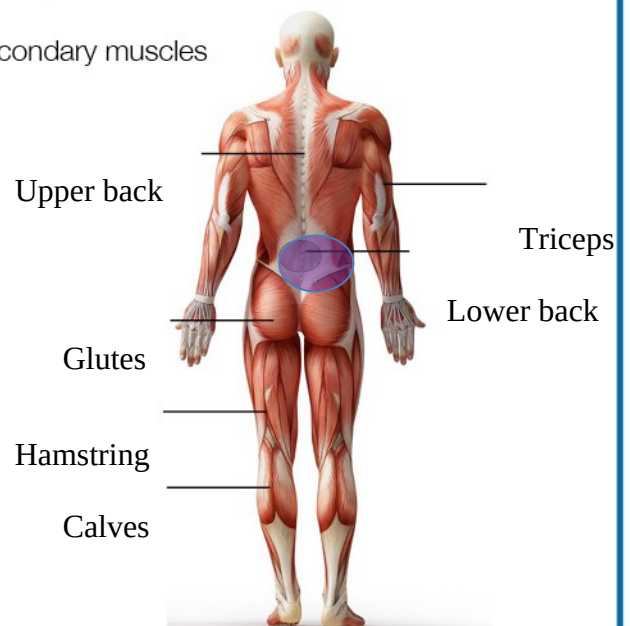
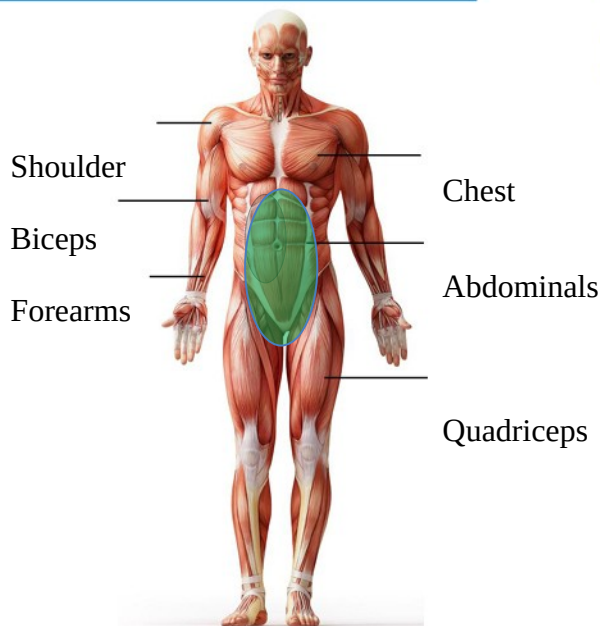
Benefits

- Abdominal exercise to build strength and muscular density in the abdominals.
- Helps build strength through the lower back.
- Keeps abdominal muscles under tension for a high duration.

Muscles worked

 Primary muscles

 Secondary muscles



Considerations

- Keep your arms as straight as possible throughout the exercise.
- Maintain a flat back at all times.
- Keep your core muscles tight in your lower back, abdominals and hips to help keep you stabilised and protect your back.

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