

MAGIC CIRCLE OBLIQUE PRESS



Starting Position

- Lie on your back with your knees bent and feet hip width apart
- Place the magic circle on your left thigh and hold it with the heel of your right hand

Movement

- Exhale. Set your abdominal muscles and press the circle
- Make sure your abdominal muscles are drawing in not bulging out
- Inhale. Hold this position for 3 seconds and then release
- Repeat 5 times



Next

- Inhale. Lift your head and shoulders off the mat
- Exhale. Press the circle and hold for 3 seconds before lowering your head back down to the mat
- Repeat 5 times
- Rest and then repeat sequence on the other side

Notes:

- Do not bear down or bulge your abdominal muscles out