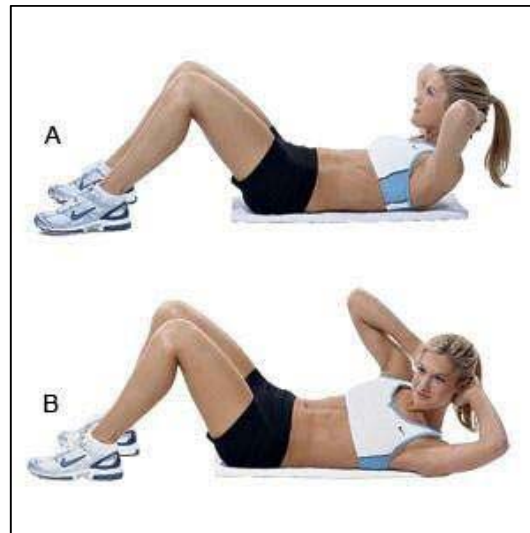




Robyn Dey RMT
Massage Therapy

Obliques Strengthen: Diagonal curl-ups

Reach one hand toward the outside of the opposite knee while curling up; then alternate.



Reverse the muscle action by bringing one knee up toward the opposite shoulder; then repeat with the other knee.

