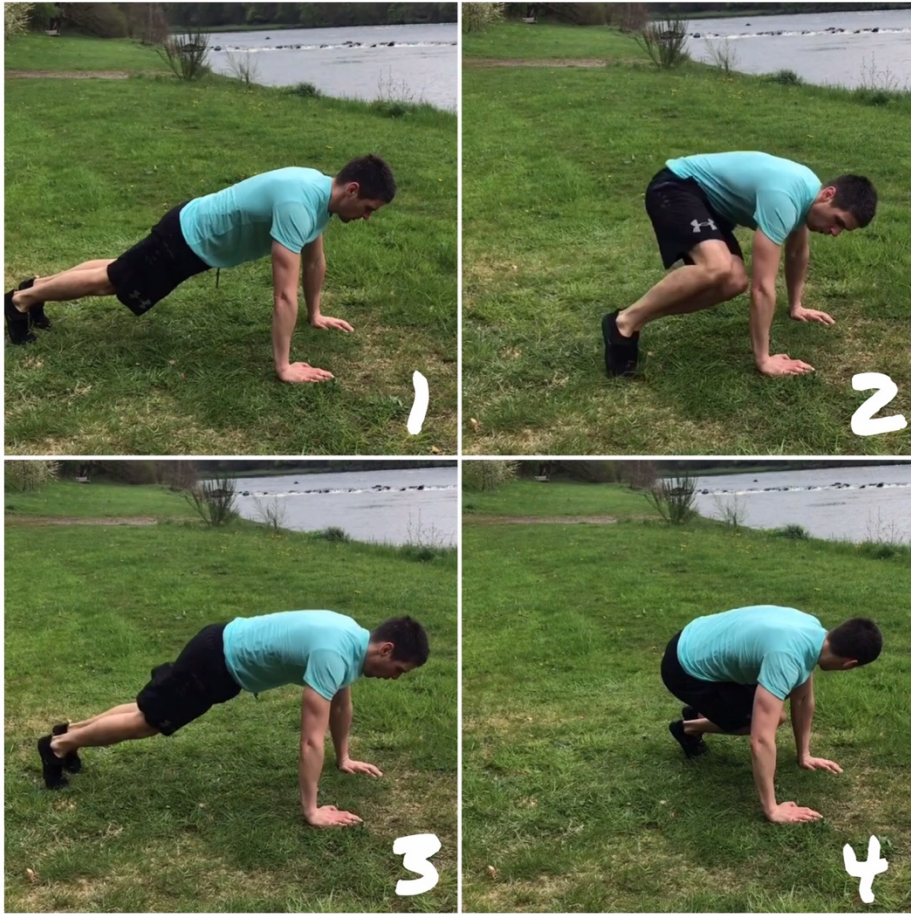


## HOW TO PERFORM SIDE SQUAT THRUSTS



- Start in a press up position. Hands shoulder width apart.
- Brace abs
- Draw both knees up towards the right elbow, rotating hips slightly to perform the move
- Thrust both legs back to start position and repeat on the other side
- Repeat for the required repetitions