

Ripped Saw

Strap into a TRX to take the traditional plank up a notch **BY ERALDO MAGLARA, N.S.C.A.-C.P.T.**

THE TRX BODY SAW

manipulates your stability and challenges your core by restricting your core movement to maximize the effects of the exercise—which, because you're using a suspension trainer, calls for an extra level of stability—and also engages other secondary muscles such

as the deltoids, glutes, and hip flexors. Compared with a traditional plank, you'll build a greater level of core strength and increase the flexibility throughout your lower and midtorso. Add even more intensity to the TRX body-saw plank by driving your body backward or forward.

HOW TO DO IT BODY SAW

- 1 Get into pushup position,** place your feet into the straps, and then rest on your forearms. Engage your core.
- 2 Keeping your abs braced,** drive your body back toward the anchor point.
- 3 Keeping your core engaged** and your back flat, pull your body back to the start.

