

Got it? Great!

# Try some Moves.

## 1. Lunge Variations

**Grip:** Standard

**Bar Position:** Parallel



## 2. Seated Situp Hold + Rotation

**Grip:** Standard

**Bar Position:** Tip and Tilt



## 3. Mermaid Pose + Side Bend

**Grip:** Standard

**Bar Position:** Tip and Tilt



### Additional Exercise Resources

**Facebook:** [facebook.com/activmotionbar](https://facebook.com/activmotionbar)

**YouTube:** [youtube.com/user/HCTHardcoreTrainer](https://youtube.com/user/HCTHardcoreTrainer)

**Instagram:** [@activmotionbar](https://instagram.com/activmotionbar)

**Website:** [www.activmotionbar.com](https://www.activmotionbar.com)

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