

## **Exercise of the week – Asterix**

Asterix is a more dynamic way of working your abdominals than lying on a mat doing crunches. The various movements activate your abdominals as you work your arms and legs in the same way you would when you reach, bend, lift and carry in daily life.

### **Beginner**

Stand with feet hip width apart, knees slightly bent, abdominals activated, holding a medicine ball or dumbbell.

1. Vertical line (up and down) – start with the ball in front of your thighs. Bend your elbows to bring the ball to the chest. Push the ball above your head. Bring it back to the chest and back to the thighs.
2. Horizontal line (side to side) – start with the ball in front of your chest. Push the ball out to the left then out to the right.
3. Diagonal line (low left to high right) – start with the ball to the outside of your left thigh. Bring it to the chest and push it up above your right shoulder and back down.
4. Diagonal line (low right to high left) – repeat 3. changing which side is high and low.

Perform 10 of each line.

### **Intermediate**

Keeping your arms straight throughout this sequence increases the workload on your abdominals. Be careful not to let the body sway.

### **Advanced**

Adding leg bends turns this sequence into a whole body workout. For the vertical and diagonal lines you squat as you swing the ball down. For the horizontal line you add more twist.