

Horizontal Chop Wide Base

Attach one end of your FMT to the middle hinge of a door and sit on top of a Swiss ball holding the free handle of the FMT with both hands. Widen your base of support by spreading your feet apart past your hips and then try to rotate your trunk and arms back and forth holding the FMT for resistance. The Swiss ball is going to force you to stabilize your lower body as you perform this exercise. Repeat in both directions.

