

Horizontal Chop Single Leg

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. Narrow your base of support by lifting the leg farthest from the door 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 your perform this exercise. Repeat in both directions.

