

# #3 FRONTAL V HOLD



▮▮ This core exercise is one of my favorite exercises – so don't be surprised, if at the beginning, it's not entirely so easy to do!

For the Frontal V hold you lay first with your back on the ground. In the execution, the back basically should be your only body part to stay in contact with the ground.

Lift your head, arms and legs away from the floor at the same time, and then arch your toes towards you. The head remains above the upper body while the insides of arms and hands are stretched pointing outwards and legs are also stretched out in the air.

For the perfect back training, you must tighten your whole body in this position and keep it as stable as possible.



**TRAINING: CORE**  
**DIFFICULTY: INTERMEDIATE**



**BEGINNER: 45S**  
**INTERMEDIATE: 60S**  
**ADVANCED: 90S**