

## LITTLE BIGS



Bring your knees to your chest and hold a weight plate above your knees while raising your shoulder blades off of the ground. Extend your legs out and move the plate out above your head close to the ground. In this position, your feet will be off the ground with your toes pointing toward your head, and your arms will be extended all the way out above your head. Return to the start position making sure to crunch your shoulder blades off the ground. Perform all repetitions in this manner.

