

**Russian Twist**

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- Sit on the floor with your knees bent and your torso leaning back about 45°. You will be supporting your upper body with your abs, so keep them tight
- Either place your hands together, or hold on to a medicine ball or other light weight, keeping your elbows pointed out to your side
- Lift your chest, tightening both your abs and your low back at the same time
- Under control, rotate your entire upper body, keeping your lower body stable, and touch your hands or the weight to the floor on your left side. Return under control to the center and repeat on the right side. This is one repetition
- Don't allow your back to round out, make sure you keep your posture tall while leaning back
- Return to the start position and repeat.
  
- To get the most out of your workout, aim for 1-3 sets of 8-12 repetitions

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**Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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