

WEEK 1: Russian Twist Two Ways

Be sure to check with your physician or healthcare provider to make sure you're cleared to do these workouts. If you have any pain during these workouts, STOP IMMEDIATELY and contact us at 703-450-4300.

Russian Twist:

- Sit on the floor with your knees bent and feet flat.
- Tilt your torso back part-way so you're balancing on your sit bones at a 45 degree angle.
- Keep your back flat and your core engaged. Don't let your back round or your shoulders hunch.
- Clasp your hands together and rotate your arms and trunk from side to side reaching toward the floor.

Perform two sets of ten repetitions on each side.

To further challenge yourself, hold a filled water bottle, hand weight, kettle bell or medicine ball with both hands as you perform the exercise.

Perform either of these variations two times a week.



Advanced Russian Twist:

- Sit on the floor with your knees bent and feet flat.
- Tilt your torso back part-way so you're balancing on your sit bones at a 45 degree angle.
- Keep your back flat and your core engaged. Don't let your back round or your shoulders hunch.
- Lift your feet off the floor and keep them elevated as you perform the exercise.
- Clasp your hands together and rotate your arms and trunk from side to side reaching toward the floor. Hold a water bottle or weight for added resistance.

Perform two sets of ten repetitions on each side.

Perform either of these variations two times a week.

At Loudoun Sports Therapy Center, it's our goal to help you live a healthy, active, pain free lifestyle. We want to help you achieve your goal of core strength. If you experience any pain or problems along the way, call our office at [703-450-4300](tel:703-450-4300) to schedule your FREE ASSESSMENT with one of our physical therapists.