



## Russian Twist

### Purpose:

Develop core strength and improves the strength of the pelvic glide.

### Benefit:

Increases strength in the hips and abs and promotes separation in the upper and lower body.

### Instructions:

Place your tongue on the roof of the mouth to increase the activation of your neck flexors, which stabilize your head and neck. Begin rotating the trunk as far as possible to one side and then the other using a slow tempo. Move slowly for several repetitions, progressively increasing the range of motion. After about six reps from side-to-side, you can speed up the tempo to moderate. As you rotate arms and trunk side-to-side, be sure to keep your hips up. Make sure your hips do not drop.

### Quantity:

Hold \_\_\_\_\_ breaths \_\_\_\_\_ reps.

