



## Russian Twist on Physioball

### **Starting position:**

On your back with the physioball under your shoulder blades, arms extended up toward the ceiling, hips extended and knees bent to 90 degrees.

### **Movement:**

Tighten your core and rotate your trunk and arms to the side, rolling on the physioball. Remember to keep your hips extended and level, and your feet on the ground. Slowly return to starting position.

**Perform \_\_\_\_ Reps \_\_\_\_ Sets \_\_\_\_ X/day**

*\*When that gets easy do the same holding a dumbbell, medicine ball, or resistive band in hands.*

**Resistance: \_\_\_\_\_ lbs / kg**