

Try Something New

Russian Twists on Swiss Ball



Back on ball

Head and shoulders resting on ball
Hips extended

Feet hip distance apart

Hands above the shoulders

Palms/ fingers clasped together

Elbows straight



Roll onto upper right arm. Your left shoulder will be stacked directly over the right shoulder, your back entirely off the ball.

Chest facing side wall, hips facing up. Only the outside of the upper arm is in contact with the ball. Head and neck remain neutral, don't rest it down on ball.

Hips do not turn, knees do not sway right or left.