

Try Something New

V-Sit Russian Twists



Lean back so that you are in a V with your back and knees, eyes looking up towards ceiling to keep spine in alignment



Holding medicine ball, arms stretched out in front of you, twist to one side keeping arms out, almost touching floor.



Come back to center & twist to other side, always maintaining a straight spine and abdominal muscles contracted.



Addition: Do the whole exercise sitting on a BOSU Ball

