

Seated Russian Twist

- **Body Part:**
Abdominals
- **Equipment:**
Medicine ball & mat
- **Advanced Modification:**
Elevate your legs. Bend your knees so that your calves are parallel to the floor.



- Sit on the ground with your knees bent and your heels about a foot from your butt.
- Lean back to a 45 degree angle without rounding your spine at all. It is really important, and difficult, to keep your back straight, but don't let it curve.
- Holding a medicine ball at your chest, pull your navel to your spine and twist slowly to the left. The movement is not large and comes from the ribs rotating, not from your arms swinging.
- Inhale through center and rotate to the right. This completes one rep.