

# Russian Twists



**Muscle Group:** Core (abdominals) | **Sets & Reps:** 3x10 | **Equipment:** Body weight

## Instructions

1. Sit on a mat with your knees bent and feet on the ground.
2. Lean back while engaging your core muscles and clasp your hands together in front of your body.
3. Keep your back straight.
4. Twist your body slowly to the right side and then the left side.
5. Repeat this 10 times (3 x 10).

## Tips & Modifications

- Have your partner hold your feet if needed.
- For more of a challenge, try holding a weight while performing the exercise or lift your feet off the ground and twist.
- Beginner Tip: Start sitting up straight and practice the twist before leaning back further.



**Click here or scan the QR Code to the right to watch video instructions!**

