

Trunk Twist



Description: While walking, complete 10-15 trunk twists. Begin right to left and repeat.

Instructions

1. Bend elbows into a 90 degree angle bringing your arms up to your sides.
2. Slowly twist your trunk and upper body towards the right.
3. Slowly twist your trunk and upper body towards the left.
4. Repeat 10-15 times to each side.

Tips & Modifications

- You should perform this exercise slowly and with control.
- Make sure to only twist your upper body, leaving your lower body facing forward.



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

