

RUSSIAN TWIST HOLDING PLATE

START



- Lie on an inclined bench on your back with your knees bent over and feet under the pads at the end of the bench to secure yourself
- Bend your knees and lift your upper body up to 45°
- Hold a plate of desirable weight directly in front of you
- Twist your torso to the left while exhaling, holding on and squeezing your abs for a few seconds as you reach the side

MIDDLE



- Twist through to the right side
- Keep hips still and facing straight ahead
- Maintain good pillar position during movement
- Keep core tight

END



- Rotate through the center to the opposite side
- Keep your abs contracted and twist your torso to the right, bringing your arms out to the right as well
- Repeat this exercise for as many repetitions as needed.

MUSCLES TARGETED

ABDOMINALS AND OBLIQUES

- Rectus abdominus are the front of your abs that make up the "six-pack" muscles
- Internal and external obliques run diagonally along the sides of the body and act as synergists which assist the rectus abdominus. These muscles flex the spine, rotate and bend the torso
- Strong obliques help form a stable, well-aligned spine

NOTE

The Breathing technique is important. Exhale as you rotate to the sides and inhale as you come back through the center.