

Russian Twists



1. Sit with both your legs fully extended.
2. Lean backward slightly, stretching your spine out straight at a **45-degree angle from the floor**.
3. Hold your hands together. **Use your abdominals** (stomach muscles) to twist to the right, then back to center, then to the left, then back to center.

Repeat for ___ repetitions and ___ total sets.

Scan the QR code to watch a video demonstration of this exercise.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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