



Exercise of the week
Russian Twist on Stability Ball

This is an excellent exercise to really isolate, tighten and tone your core area whilst also improving balance and stability.

Step One: Begin by sitting upright on the stability ball, from here walk your feet forwards and begin to lean back until the ball is comfortably supporting your back, placed between your shoulder blades. Feet should be positioned just wider than shoulder width apart to provide good balance.

Step Two: Extend arms upwards, holding a light weight or ball if possible, this is your start point. Keeping your core and hips tight begin to rotate onto one shoulder so that your arms are now pointing out to the side and contract your obliques.

Step Three: In a controlled motion, move back to the start point with the ball back between your shoulder blades and repeat on the other shoulder. Try to progress to doing three sets of ten (on each side).

