

EXERCISE

Seated Russian Twist

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is a partner exercise, so it's a good one to involve more than one client at the same time, or if you're working on a one-to-one basis, to get involved with your client.

The exercise is called a Seated Russian Twist with a medicine ball. It is primarily working the internal and external obliques. As the client rotates across, these are the muscles that are being worked.

What you're going to have your client do is sit to the side of you, and from here they're going to maintain a nice tall position focusing on shoulders and hips, initially staying over the top of each other. The hands are lightly supported on the tops of the knees to make sure that the shoulders and the hips are over the top of each other.

Then from there, take a breath in, lifting through the chest and then as they exhale, lowering themselves into position until they feel tension in the abdominals or their arms are straight down the sides of their body.

Once they're in this position, I give my client the nod - ready to go. Then they receive the ball, rotate across the body and throw it to their partner (or you if you're working one-to-one).

The partner then rotates away from them and throws it back. You work through this with a fluid motion.

Aim to maintain the upright posture throughout. And it's important to note that we don't hold our breath in this position. As we're going through the exercise, you might need to just remind your client to continue to breathe and maintain the upright posture throughout.

(To Dom) Just one more before we done.

Once you've completed the allotted time or the number of reps, you'll just simply get them and their partner to swap over positions. (If you're working one-to-one) you can do the same, but from the opposite side.

Give it a go.

Main Muscles Involved

- Obliques
- Rectus abdominis
- Hip flexors
- Erector spinae
- Scapular muscles
- Latissimus dorsi

