



Total  
Wellbeing  
Solutions

## Seated Medicine Ball Twists

An effective exercise for strengthening the abdominal muscles

- 1** Sit on the floor with your knees bent and feet flat on the floor equal to hip distance
- 2** Contract your abs and sit at about a 45 degrees angle. (the top of a sit up).
- 3** Hold a medicine ball with both hands directly in front of you
- 4** Twist slowly from your torso to one side and touch the medicine ball to the floor beside you
- 5** Contract your abs and twist your torso and touch the medicine ball to the other side.

### The muscles worked are :

- rectus abdominis
- external obliques
- internal obliques.

### The benefits of Seated Twist are:-

Stabilises core to aid with everyday activities  
Improves core and lower back strength.

