



Monthly Health Challenge: Russian Twists

Would you like to work your oblique's and strengthen your back? Well you can with the Russian twist exercise. This pattern helps strengthen the oblique's and abdominals. Regular performance of the Russian twist can help increase muscles and better your posture.

How to perform the perfect Russian Twist:

1. Sit on the floor with your knees bent and your feet flat on the ground.
2. Lean back so your torso is at a 45-degree angle to floor, making sure to keep the spine straight and not rounded.
3. Lace your arms straight out in front of your chest with one hand on top of the other.
4. Raise your core and slowly rotate round to the right as far as you can, pause then reverse this movement all the way round to the left as far as you can.
5. That is 1 rep.



*You can use light household items to add weight (dictionary, can of soup, medium-sized fruit)

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 5 (C) 10	2 (E) 7 (C) 12	3 (E) 9 (C) 14	4 (E) 11 (C) 16	5 (E) 13 (C) 18	6 Rest Day	7 (E) 13 (C) 18
8 (E) 15 (C) 20	9 (E) 17 (C) 22	10 (E) 19 (C) 24	11 (E) 21 (C) 26	12 Rest Day	13 (E) 21 (C) 26	14 (E) 23 (C) 28
15 (E) 25 (C) 30	16 (E) 27 (C) 32	17 (E) 29 (C) 34	18 Rest Day	19 (E) 29 (C) 34	20 (E) 31 (C) 36	21 (E) 33 (C) 38
22 (E) 35 (C) 40	23 (E) 37 (C) 42	24 Rest Day	25 (E) 37 (C) 42	26 (E) 39 (C) 44	27 (E) 41 (C) 46	28. Rest Day
29 (E) 41 (C) 46	30 (E) 43 (C) 48	31 (E) 45 (C) 50				