SPINE TWIST

Starting Position: Long seated on sits bones. Arms out to side, slightly in front of shoulders. Neutral pelvis. Ribs back.

Instructions:

1. Exhale: Rotate arms and thorax to the side without moving feet or sits bones.
2. Inhale: Return to start position
3. Reverse.
4. Repeat for __ repetitions.

Tips:

Tight Hamstrings: Sit on elevated surface or place object under knees or perform cross-legged.

Maintain Pelvis Position: Don't allow feet or knees to slide or shift during exercise. This rotation is coming from hips not thorax.

Variations:

Seated 1: Press one hand into table edge while reaching the opposite arm forward across the table.

Seated 2: Press one hand into table to engage same side abdominals. Reach and rotate opposite arm back.

Alternating Hip Shift with Upper Trunk Rotation: Shift one hip back (leg will appear shorter) and rotate torso opposite direction. Reverse.