



Rotation: Russian Twists

Equipment:

Stability ball x2.

Set-up:

N/A

Description:

Russian twists will help increase your lower body stability, create more flexibility between your upper and lower body, and develop stronger oblique abdominals. This exercise will involve lying supine on a stability ball with the neck supported by the ball and the feet flat on the ground supporting the lower body. The exercise involves the student rotating the upper body and rolling onto a shoulder with the lower body remaining stable.

Instructions:

Slowly walk yourself out on the ball until the ball is directly under your mid-back. From here raise the straight arms directly up in front of your chest. Now, try to rotate your whole upper body keeping your arms straight, and then return yourself to the starting position. Try to rotate in the opposite direction next. Perform this as often as the student can, alternating back and forth to each side. Make sure to stabilize the lower body.

Scoring:

The coach will score the students performance based on form. If the student can perform the exercise repeatedly without a loss of form then a score of 3 will be awarded. If the student can do some with correct form but not them all, then a score of 4 will be awarded. If the student struggles with form completely, award a score of 5.

