

Obliques - Swiss Ball Oblique Twist

Advice: Avoid pain. If an exercise causes you pain or other problems stop doing it. Allow yourself sufficient time to recover. Next time you repeat it, do it 50% more gentle (less power/ less repetitions/ less movement). If you have problems, please seek advice. **Keeping a good posture throughout when doing this exercise is crucial. Have someone with expertise have a look at you doing it before you introduce to your routine. Remember you need to aim for no more than 50% of your maximum.** See our 'Physical Rehab Advice' sheet for deciding on your reps.

Swiss Ball Oblique Twists

Start lying on Swiss ball on upper back with arms straight out and palms together and with knees bent at 45-degrees and feet flat on the floor shoulder width apart. Slowly exhale and rotate to one side by rolling onto your shoulder as far as possible while keeping your feet firmly planted on the floor. Hold this position for as long as possible then slowly return to start position and repeat to other side.

Start (Inhaling and Relaxing)



Finish (exhaling and Contracting)



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