

Exercise of the Week

This week's exercise

Torsonator Twist

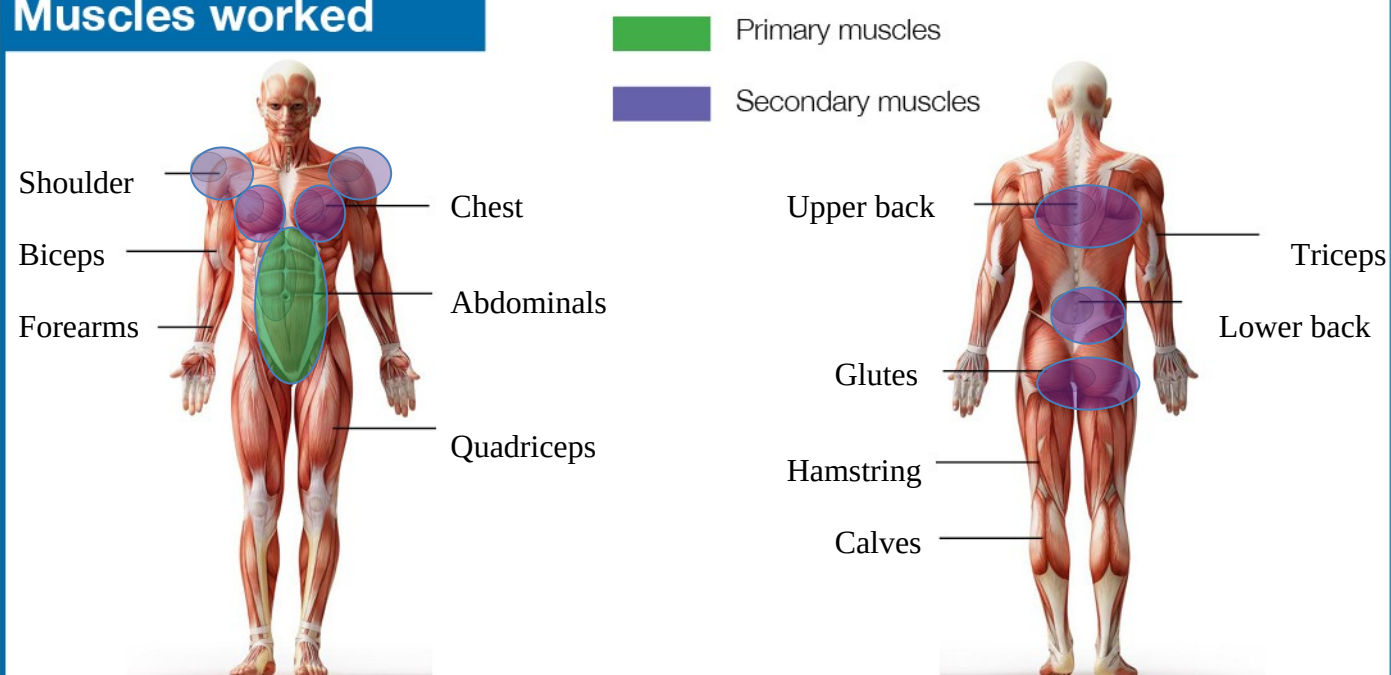
Exercise type

Machine

Benefits

- Increases core stability and rotational strength.
- Helps improve movements that involve bending forward and backward.
- Helps Increases mobility as well as strengthening the obliques.
- Assists in training the body to resist movement forces that may pull the body in an unwanted direction.

Muscles worked



Considerations

- Use a light weight that allows full control.
- Keep your arms extended with a slight bend in the elbow, (elbows soft), throughout the exercise.
- Deliberate and controlled movements are much safer, and will yield better results.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.