



Torso Twist

Purpose:

Stretch the midsection and back.

Starting Position:

Sit tall with your feet flat on the floor, shoulder-width apart.

Action:

- Place hands behind your head, as shown, with elbows out to the side. You can also cross your arms over your body or leave them at your sides, whichever is most comfortable.
- Twist your body to one side, turning to the left or right. Keep your face and shoulders level.
- Hold for 5 seconds. Return to starting position.

Repeat:

6 to 8 times on each side. Rest, then do a second set.

