



How many side to side twists can you complete in 1 minute?

Equipment Needed:

- Timer
- Weights
- A chair if you are performing this exercise in a seated position



Rules:

Standing Position:

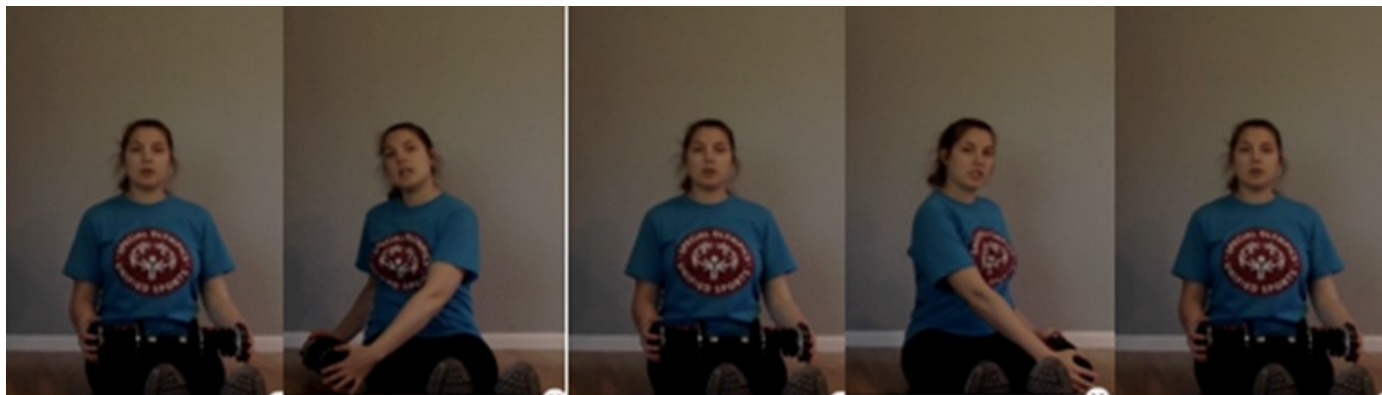
- Step 1: Start in a seated position on the ground with your legs out in front of you and your arms by your side
- Step 2: twist only your shoulders and touch the right side of the ground
- Steps 3: twist only your shoulders and touch the left side of the ground
- Step 4: Alternate from side to side.
*Continue for entire duration of exercise.

Modifications:

Seated Position:

- Step 1: Start in a seated position with your legs extended out in front of you or remain in a standard seated position, and your arms by your side
- Step 2: twist only your shoulders and tap the right side of your chair
- Steps 3: twist only your shoulders and tap the left side of your chair
- Step 4: Alternate from side to side.
*Continue for entire duration of exercise.

Ground Position:



Seated Chair Position:

