Title: Russian / Mason / V-Sit Twists

Primary Muscle Groups: Abs

Secondary Muscle Groups: Lower Back

Summary: <ol>

<li>Lie on an exercise mat and place your feet your under something that will not move or ask a spotter hold them down for you. Keep your knees bent.</li>

<li>Raise your upper body from the mat to form V-shape with your thighs.</li>

<li>Keep your arms fully extended in front of your chest, clasping your hands together.This is the start position.</li>

<li>In a smooth motion, twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this. Hold for a count of one and inhale.</li>

<li>Return to the start position while breathing out.</li>

<li>Repeat the movement,this time to the left side of your body.</li>

<li>Repeat.</li>

</ol>