Title: Weighted Russian / Mason Twists

Primary Muscle Groups: Abs, Obliques

Secondary Muscle Groups: Biceps, Forearms, Lower Back

Summary: <ol>

<li>Sit on an exercise mat with your legs fully extended and your upper body upright.</li>

<li>Grip a weight plate between both hands.</li>

<li>Hold the plate out in front of your abdominals keeping your arms bent slightly.</li>

<li>Cross your your ankles and raise them off the floor slightly.</li>

<li>Bend your knees towards you slightly.</li>

<li>Lean back about 15 degrees to balance your body. This is the start position.</li>

<li>In a smooth motion,turn your torso to the left and touch the plate on the floor. Make sure you exhale as you do this.</li>

<li>Return to the start position inhaling as you do so.</li>

<li>Repeat the same movement, this time to your right side, again exhaling as you do so.</li>

<li>Return to start position and repeat.</li>

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