

RUSSIAN TWIST

Tone Your Core and Shoulders with a Russian Twist. The Russian twist is an effective way to build your core and shoulders. It's a popular exercise among athletes since it helps with rotational movement, which happens often in sports. It may look like a simple movement, but it requires a lot of strength and support.

Best Benefits Of Seated Russian Twist

1. Russian twists are great calorie burners. Increasing the intensity and/or adding weights to the exercise helps burn more calories. This, in turn, helps take care of love handles or muffin tops.
2. This core exercise is a good workout for the abdomen. It engages all the abdomen muscles. There is more to doing the seated Russian twist than getting a flat stomach or six-pack abs. The exercise works on more than just your abdomen.
3. It strengthens the rectus abdominis, internal obliques, and the external obliques.
4. It reduces the risks of cardiovascular diseases like stroke and heart attack by burning calories and using up stored fat in your tummy area.
5. It also strengthens the lower back.
6. The seated Russian twist strengthens the oblique muscles on the sides of the abdomen.
7. Strengthened abdominal muscles help prevent slouching and promote a good posture. This projects confidence and trims your silhouette.

9. A trimmed abdomen and a strong core also help in your everyday activities, like bending to put your shoe on, picking up something from the floor, sitting in a low chair, etc.
9. It also helps improve the balance of the individual.
10. The seated Russian twist, once mastered, is one of the simplest exercises that can help work out the entire abdomen and keep you in shape. Set aside a few minutes each day to practice this twist, and you will soon feel a lot more confident about your body.

DOING THE RUSSIAN TWIST EVERY DAY WILL HELP YOU BURN CALORIES, BE IN BETTER SHAPE, LOSE BELLY FAT, IMPROVE BALANCE AND POSTURE, AND REDUCE THE RISK OF OBESITY-RELATED DISEASES.