

Seated Bar Twist

Equipment Needed: Body Bar, Flat Bench/Seat

Start at this Position:

- Select a body bar of your desired weight.
- Holding the bar, sit on a flat bench, placing your feet flat on the floor.
- Bring the bar behind your head.
- Evenly position the bar across your body, and place your hands in the same position on each end. The bar should rest just below the base of your neck, and not your shoulders *Refer to Start Position.*
- *Note: For comfort, you can wrap a small towel around the bar.*
- Grip the bar loosely.
- Look straight ahead, keeping your back straight and your head aligned with your spine.

Steps to Performing the Exercise:

1. Start Position



Inhale as you slowly twist from your torso to the left, keeping your abdominals tight.

2. End Position- Left

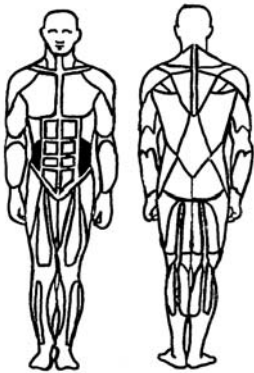


Continue to twist to your left as far as possible, looking straight ahead. Hold for 1/2 a second, squeezing your obliques.

3. Return to Start



Exhale as you slowly return to start.



Region: Abdominals

- Primary Muscle Worked: Obliques

Focus on Your Form:

- Throughout the entire range of motion:
 - Look straight ahead, keeping your head aligned with your spine.
 - Grip the bar loosely.
 - Keep your back straight.
 - Keep your lower body stationary with your feet flat on the floor.
 - Keep the bar positioned evenly across your back, resting just below the base of your neck, **not** your shoulders.
- At end positions, look straight ahead.

4. End Position- Right



Continue to twist to your right as far as possible, looking straight ahead. Hold for 1/2 a second, squeezing your obliques.

5. Return to Start



Repeat the movement for the recommended number of repetitions. (1 repetition = a twist to the left and a twist to the right)