Article Series Staying Active All

Seated Trunk Twist Exercise Video

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[music]

[Matt] This exercise is a seated trunk twist. It’s an exercise for your abdominal core – very simple to do at home.

You're going to start by bringing your hands together…

You're going to rotate all the way one side and then rotate all the way back to the other side. Good.

Back to the side again.

To progress with this exercise, add a simple weight – a resistance ball, dumbbell, a weighted object. Rotate all the way one side…

…back to the next. Engaging those muscles of the abdominal core.

Excellent. Keep that ball tucked in tight towards you.

Good posture is important.

Keep that chest up.

Great job.

[music]

All Staying Active

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You can perform the seated trunk twist from any stable chair or seat, making it an easy at-home exercise move.