



- While standing in a comfortable position, reach one hand around to your opposite hip.
- Grasp your hip and pull your torso into a forced rotation.
- Turn your head and neck in the same direction as you twist your torso.
- Feel the stretch in the muscles of your abdomen and side.
- Do not pull so hard as to cause pain, just enough to feel a gentle stretch.
- Hold for 30 seconds or until you feel the muscles have loosened to your satisfaction.
- Repeat, turning the opposite direction.

STANDING TRUCK TWIST