

## Week 3 Exercise

### TRUNK TWIST BODY BAR

Trunk twists are a relatively easy exercise to master. Using a weighted body bar adds resistance to the exercise and also helps to maintain correct posture whilst performing the movement. Use this exercise to help develop core strength.



**Step 1.** Stand straight with a neutral stance facing forward

**Step 2.** Place the upper body bar across the shoulders supported by the hands

**Step 3.** Rotate the upper body at the waist, trying to maintain little movement at the hips

**Step 4.** Rotate to the left, return to the start and then to the right

**Step 5.** Continue for the desired number of repetitions each side

Repeat for 10-12 Reps