

DECLINE BENCH RUSSIAN TWISTS (PLATE)



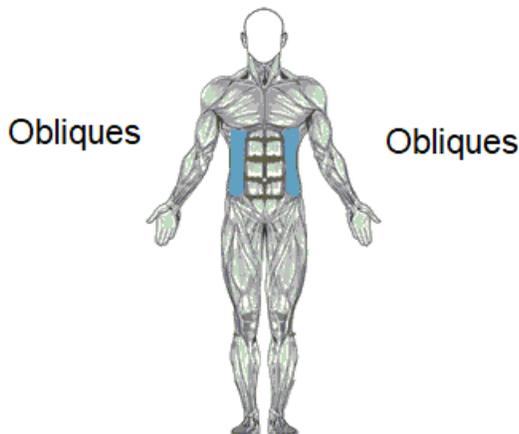
1. Secure your legs at the end of an **Adjustable Decline Bench** while sitting upright and holding a weight plate from both sides just a few inches away from your chest and with your head facing forward. This will be your starting position.
2. Engage your right side obliques & core muscles to rotate your torso all the way to your right side, with your head and arms carrying the weight plate rotating with it.
3. Rotate your torso back to your left side in the same manner, while engaging your left side obliques & core muscles.
4. Continue alternating in this manner until the recommended amount of repetitions for each side have been completed.

CAUTION: NEVER use a heavy set weight plate when performing this exercise to avoid getting any core (abdominals or Lower Back) injury. STOP immediately if you felt any sharp pain in your midsection (abdominals or lower back) while performing this exercise. It is normal for you to feel your hip flexors & quads muscles also getting slightly engaged while performing this exercise.

ALTERNATIVE EXERCISES: [Standing Russian Twists \(Plate\)](#) / [Horizontal Cable Woodchoppers](#)

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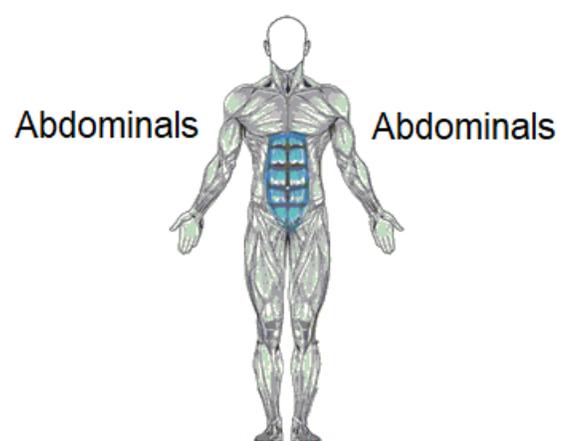
PRIMARY MUSCLE



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLE



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.



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