

# STANDING DUMBBELL RUSSIAN TWISTS



1. Stand tall while holding a **Dumbbell** from both sides just a few inches away from the center of your torso. 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 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.

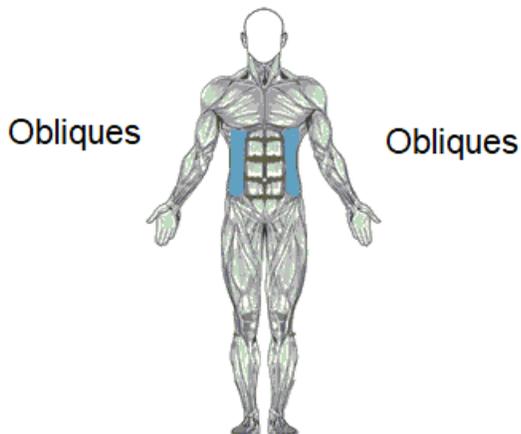
**CAUTION:** NEVER use a heavy set dumbbell when performing this exercise to avoid getting any core (abdominals or Lower Back) injury. STOP immediately if you felt any sharp pain in your midsection (abdominals or lower back) while performing this exercise.

## ALTERNATIVE EXERCISES:

[Standing Russian Twists \(Plate\)](#) / [Decline Bench Russian Twists](#) / [Horizontal Cable Woodchoppers](#)

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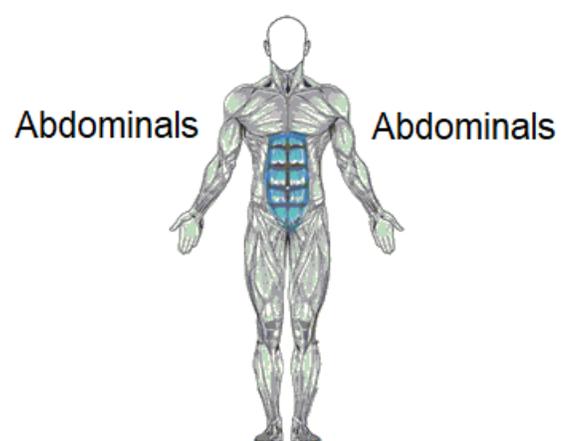
## PRIMARY MUSCLE



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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