

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ONEONTA FAMILY YMCA

20-26 Ford Avenue Oneonta NY 13820

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www.oneontaymca.org

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LET'S HEAR IT FOR THE ABS

SEATED TRUNK ROTATIONS

STEP 1

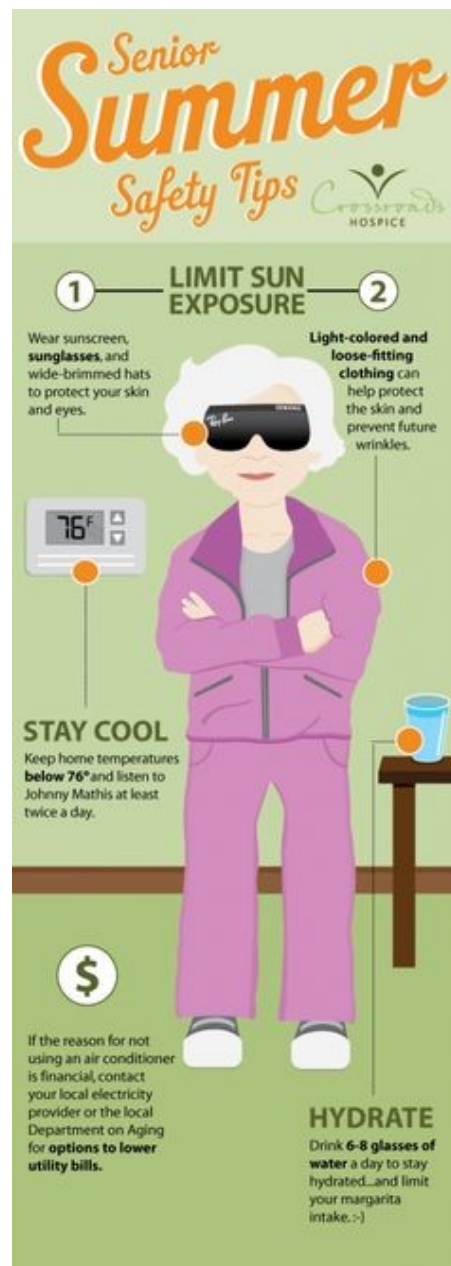
Starting Position: Sit on a mat/floor with your knees bent, feet together, heels on the floor while holding a medicine ball in your lap close to your body. Start with a light ball (2 lb) and increase the weight of the ball as your fitness level improves.

STEP 2 (8-10 REPS EACH SIDE 1-3 SETS AS ALLOWED)

Rotation: Without leaning backwards, exhale and slowly rotate your torso and the ball to one side, keeping the ball close to your body and aligned with the middle of your torso. Pause briefly at the end range of motion, inhale and then gently exhale while rotating completely to the opposite side.

STEP 3

Exercise Progression 1: As your conditioning improves, you can modify your starting position by leaning back halfway to the floor while keeping your knees bent and heels on the floor. With each rotation bring the elbow close to, but not to rest on the floor. Keep your core and abdominal muscles stiff to prevent any arching in your low back.



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