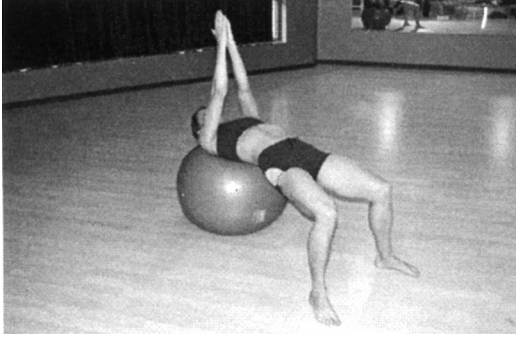


### **Swiss Ball Oblique Twists**

Start lying on Swiss ball on upper back with arms straight out and palms together and with knees bent at 45-degree and feet flat on the floor shoulder width apart. Slowly exhale and rotate to one side by rolling onto your shoulder as far as possible while keeping your feet firmly planted on the floor. Hold this position for as long as possible then slowly return to position and repeat to other side.

**Start (Inhaling and Relaxing)**



**Finish (Exhaling and Contracting)**

