



# FITNESS CHALLENGES

## WEEK 2 RUSSIAN TWISTS

This challenge has been set by **Joelle** from **Newham** and **Martha** from **Haringey**  
Watch the challenge video on the LYG website from 9am on Monday 25<sup>th</sup> January [here](#)

### Challenge Description:

How many Russian Twists can you do in 30 seconds?

### Scoring:

You will receive 1 point for each twist.

### Adaptations of Challenge:

- To make the challenge slightly easier, try lying back on the floor with your feet on the ground.
- Alternatively, for more stability, cross your lower legs whilst completing the twists.
- To increase the difficulty, you could introduce a weight/weighted object to hold when doing the twists.
- The challenge can be done outdoors or indoors.

### Coaching Tips:

Try to engage your core and back muscles throughout the exercise, whilst ensuring you are breathing steadily and deeply. Whilst leaning back, make sure you keep your spine straight and try not to arch your back when completing the challenge.

### Benefits From Challenge:

This challenge will help improve core strength, balance and endurance.

*Remember to submit your scores before Friday 29<sup>th</sup> January at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG*