

**DON'T DO THAT**  
EXERCISE AND TRAINING  
TECHNIQUES THAT YOU  
SHOULD NOT DO

# Do Not Do the Twisting Sit Ups (Russian Crunches) or Rotation Machine

There are safer alternatives. Try the Palof Press or Standing Anti-Rotation Press or Russian Twists or Standing Trunk Rotations or Kneeling HayBailer



Twisting of the lumbar spine (the low back) is dangerous and can be quite harmful. The most common and a significant issue can be a disc tear. In order to avoid rotate injuries twist at the mid back or thoracic spine and hips. These areas are designed to rotate while the lower back is designed for stability.

**READ ON FOR DETAILS:** This means you should be trying to move at the chest and hip level, not the lower back. People with neck pain will almost always have a problem here and they will find ways to use their lumbar spine to rotate because of the tightness in their upper back. The same holds true with those with tight or weak hips.

Many people who rake leaves or shovel snow develop back pain after. One of the reasons is twisting from the low back. If they used their hips/legs or mid back the problem would of been less. So avoid Lower Back Twisting especially under load.