

Workout Wisdom

Unlock the secrets to improving your health, wellness, and, fitness! Each month our team highlights different concepts and exercises that can safely and effectively enhance your current fitness routine.

-It's time to nudge that progress needle a little bit further!

-Weighted Side Bends-

→ Who, When, What

- Various origins: Described in early yoga practice & gymnastics training
- Early 1800's
- Bending of the torso laterally to one side while keeping the hips and legs relatively stable. Primarily targets the obliques and other spine stabilizing muscles

→ Benefits

- Increases core strength & stability
- Supports spine health & mobility
- May help with reducing back pain

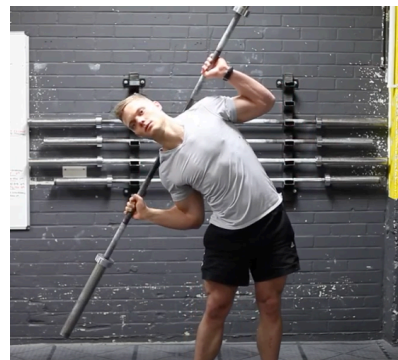
→ Exercise Tips

- Start slow: Use minimal resistance while learning to contract the target muscle group with the correct posture
- Vary intensity: Modifications like kneeling down or using resistance bands can increase exercise difficulty and enhance the lifter's training benefits

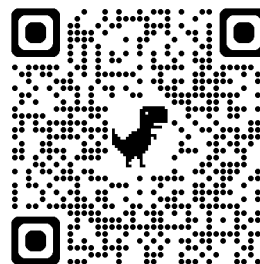
Resources

[Click or Scan](#)

Barbell Side Bends



Saxon Side Bends (while seated)



For more Health, Wellness, Fitness content

www.publicsafetyclt.com