Strat this exercise sitting with your back slightly bent backwards
Lift the legs up off the floor
Now rotate the upper body from one side to the other, ringing the arms along with bent elbows
The goal is to hold this position so that the upper body and the legs are balanced, and the floor is not touched
Tense the core muscle during the exercise
The legs are held in position during the exercise
Only the upper body is rotated

Muscle groups: diagonal and lower abs, arms, shoulders, back