

Full Body Rotation

Why we do it:

Loosen the shoulders and upper body.
Open up and stretch the inner thighs and groin.

Functional Benefit:

Mobility

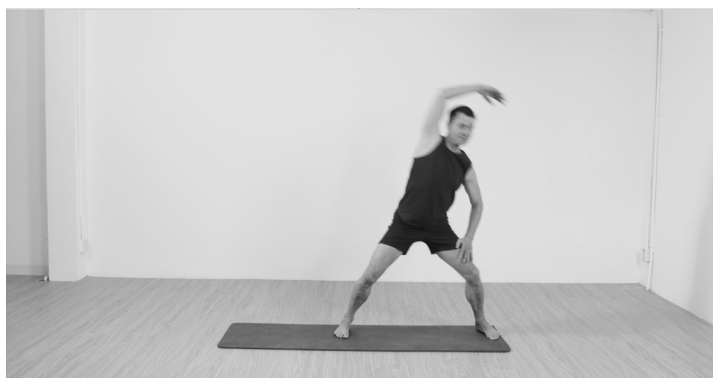


Start standing with your feet together. Get ready to do 2 things at once.



Take a big step to the left, bending your knee.

Bring your right arm around in a circular motion, going well past your knee.



As you bring your arm above your head, straighten out your legs.

Return to centre. Repeat on opposite side.