

Trunk Rotation 1

Why we do it:

Learn trunk control. Rotate the body allowing limbs greater range of movement.

Functional Benefit:

Mobility



Stand in the neutral position with your feet hip-width apart.

Lift your arms to shoulder height.



Keeping your hips stable, extend your right arm behind you as far as you can go, letting your head follow your hand.



Return to neutral and repeat on the left.