

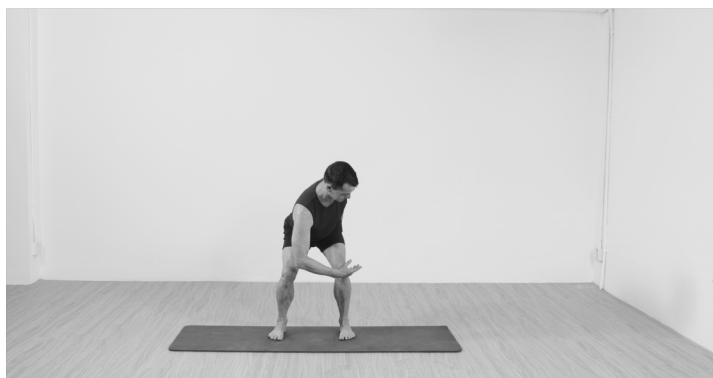
Trunk Rotation 2

Why we do it:

Learn trunk control. Diagonal rotation allows the limbs even greater range of movement.

Functional Benefit:

Mobility
Flexibility



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

Hold your right arm in a C-curve at your side.

Hinge backwards, whilst bringing your right hand past your left knee.



As you come up, extend your right arm up and past your shoulder, letting your head follow your hand.



Return to neutral and repeat on the left.