

Trunk Rotation 3

Why we do it:

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

Functional Benefit:

Mobility
Flexibility



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

Lift arms above your head, hands together.



Keeping hips still and knees straight, move your arms anticlockwise, making a big circle until your hands reach the floor, then carry on back above your head.



Remember to let your head follow your hands.

Return to neutral and repeat on the left.