

National Development Camp 2
Rotational Control Exercises

1.



Start side lying with the top leg flexed to 90 degrees at the hip and knee. The bottom leg is straight

Hold a water bottle in the top hand

Move the bottle in a circular motion above the head and around to the opposite side. The head follows the movement

2.

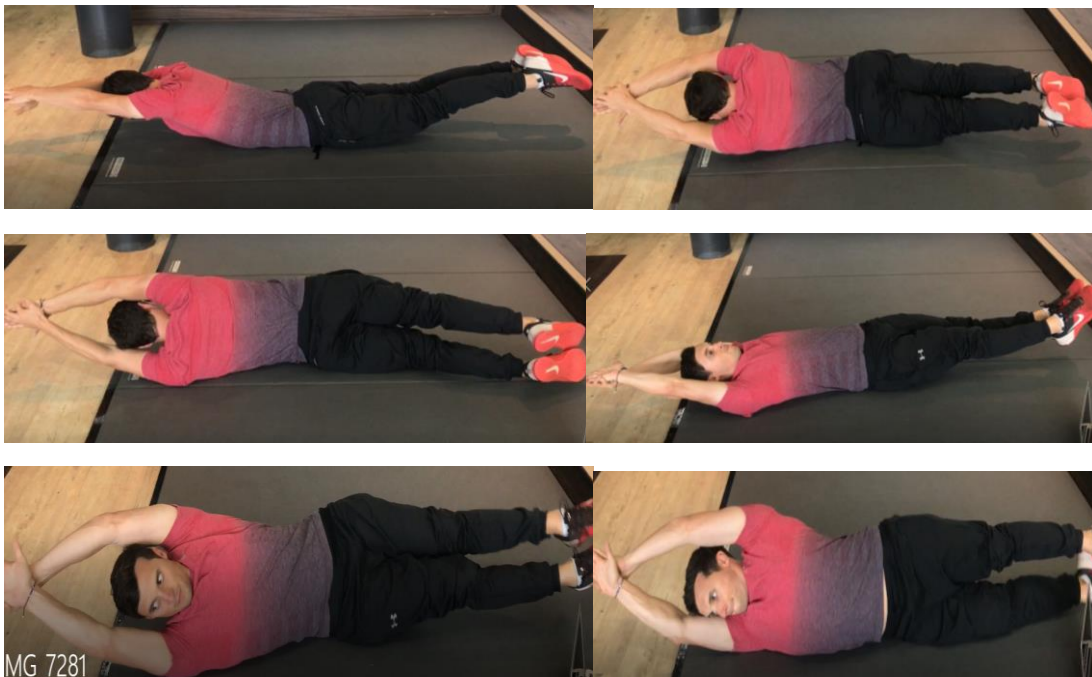




In a single leg kneeling position with the hands behind the head. Rotate through the thoracic spine to one side and hold this. Side flex to the same side and hold.

Repeat to the other side

3.



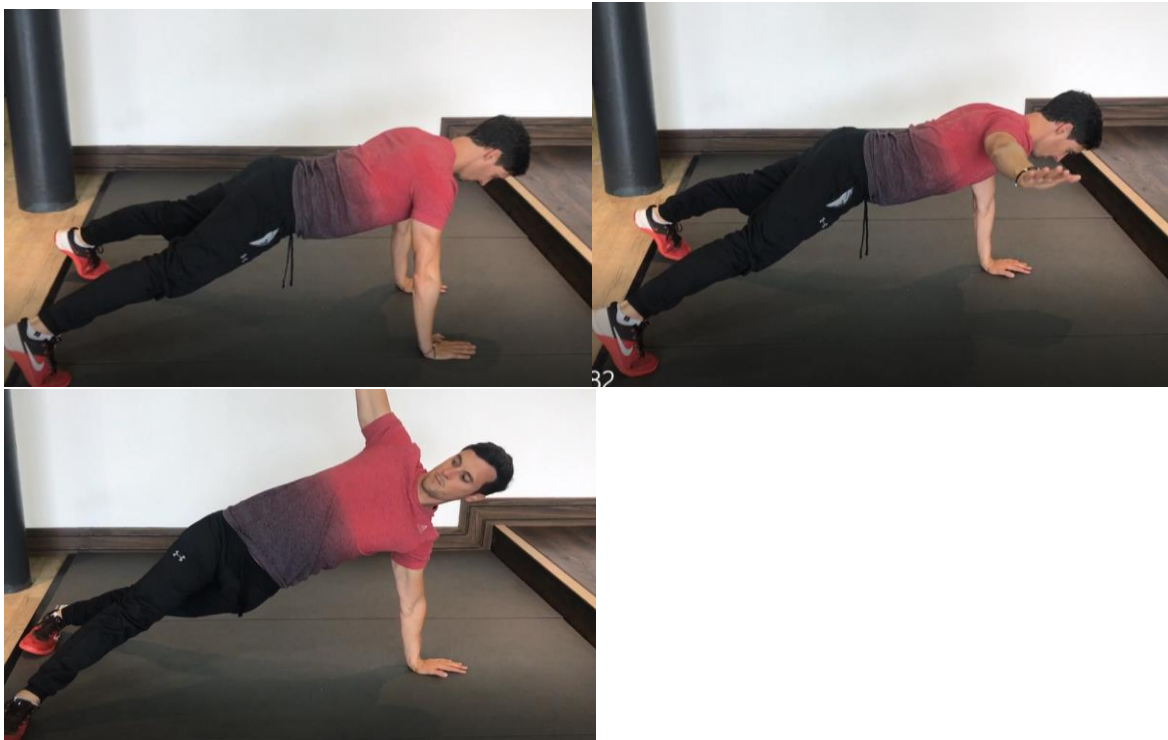
Start on your front in a streamline position. Use the glutes and core to maintain a good position.

Gradually rotate onto your side without side flexing or allowing any rotation in the trunk. Hold the side position. Gradually rotate onto the back not allowing any side flexion or trunk rotation. Control the movement with the core

Finally rotate onto the opposite side.

For this exercise the movement must be driven by the core and the body remains in a straight line

4.



Start in a hand plank position

Maintain a flat back by using the core and glutes.

Lift one arm to the side maintaining the plank position

Then gradually rotate upwards keeping the shoulder and hip line in the same plane

Rotate to 90 degrees

5.



Lying on your back with the arms and legs at 90 degrees

Move the arms legs and trunk together and rotation to one side. The movement is driven from the core

Repeat to the other side. If this is too difficult try number 6 instead

6.



Start on your back with the hips and knees bend to 90 degrees. Stretch the arms upright.

Take the arms and legs together and roll from the core to one side as far as you can control.

Use the core to control the movement. You must move the arms legs and trunk together

Repeat to the other side

7.



Start in a single leg kneeling position with a band attached to the side and held in both hands

Extend the legs to a standing position and at the same time lift the band to the centre and above the head in midline

Keep the back straight and avoid twisting your thoracic spine