

Exercise Tip May 29, 2009 MB Rotational Core Circuit

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I use this continuous circuit with many athletes that require strong and explosive rotation during sport of play (golfers, tennis, baseball, softball, etc).

Hold the Medicine Ball and maintain an athletic stance position with the knees bent, back straight and head looking straight ahead.

During all rotations, make sure athlete turns pinky fingers to the wall.

This circuit can be done for time or repetition or with a goal of speed or power.

Progressions: begin by standing on the floor, elevate feet onto blocks or benches, BOSU ball or airex pads, and you can always increase the weight.

Side-to-Side



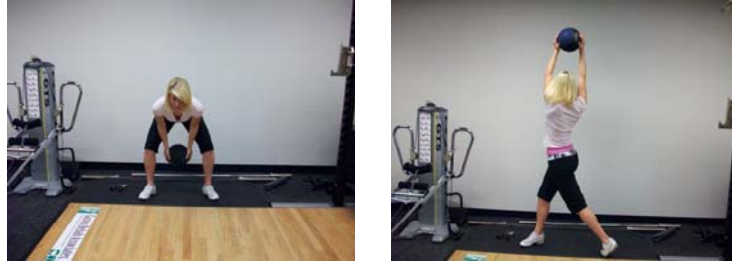
The athlete looks straight ahead, and twists as far and as fast as possible from left to right 10 times to each side

Diagonal Chops



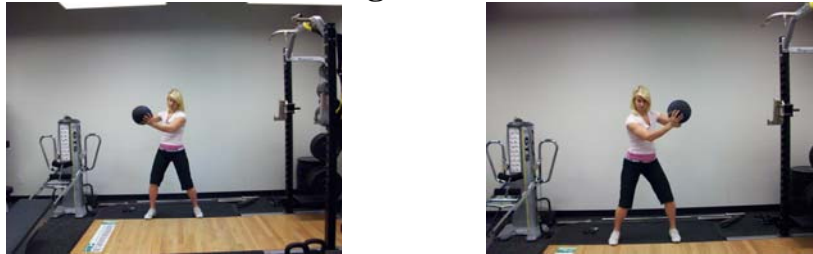
The athlete starts the MB on the outside of the left knee and rotates up and reaches above the right shoulder completing 10 repetitions and then repeating from right knee to left shoulder.

Over/Under's



The athlete begins by reaching between the legs with the MB and twisting up to the left to reach directly overhead, between the legs, and then twisting up to the right to complete one rep.

Figure 8's



The athlete maintains the athletic stance position and keeps the arm out away from the body to trace the pattern of an 8. This should be done in both directions.