



## Supine Trunk Rotation

Purpose:

Strengthen trunk rotators and abdominals.

Benefit:

Generate powerful spinal rotation throughout all swing phases.

Instructions:

**118 A+B, Level 1:**

Place feet on Swiss ball with hips and knees each bent 90 degrees. Shoulders should lay flat on ground. Slowly lower ball to the side, when the feet almost touch the floor, begin moving back to neutral. Don't allow shoulders to raise up during exercise. Keep knees level with hips.



**119 Level 2:**

Place ball or pillow between bent knees, hip and knees each bent 90 degrees.



**120 A+B, Level 3:**

Place ball or pillow between straight knees, hips bent to 90 degrees.



Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_