













Rotational Series Program: Foundational (Rotational 1)

<p>Mobility</p> <p>Purpose: learn to rotate end range of motion with pelvic stability, balance and added hip control</p> <p>Key Points: start gently and gradually work into greater motion</p>	 <p>Sit on board, straight or crossed legs, upper body rotation, arms wide</p>	 <p>Lunge, stand to 1 leg stance, upper body rotation, arms wide</p>	 <p>Hold bridge position, cross foot over top, rotate hip toward ground, lift</p>
<p>Strength</p> <p>Purpose: learn how to initiate turning body from hips or shoulders to simulate twisting and rotating trunk in real life</p> <p>Key Points: hold on to table to help initiate turns</p> <p>3 sets x 10 reps</p>	 <p>Back on board, straight arms, control side to side weight rotation</p>	 <p>Narrow stance, turn board 90 degrees initiated from the pelvis and hips</p>	 <p>Squat, rotate upper body, turn board 90 degrees initiated from torso</p>
<p>Endurance</p> <p>Purpose: increase awareness of spine in these common motions that can lead to spine instability when weighted</p> <p>Key Points: maintain neutral spine position and brace abdominals</p> <p>4 reps x 15 second holds</p>	 <p>1 foot hip hinge, board in both hands, rotate board to outside of standing leg</p>	 <p>Squat stance, weight overhead, shoulder and torso rotation</p>	 <p>Press hands into ground, lean backward, rotate board, hold board level</p>
<p>Recovery</p> <p>Purpose: active release musculature that commonly limits trunk rotation</p> <p>Key Points: incorporate breathing for deeper release</p>	 <p>Glute rolling</p>	 <p>IT Band/TFL rolling</p>	 <p>Lats/Thoracic</p>

Rotational Series Program: Advanced (Rotational 2)

<p>Mobility</p> <p>Purpose: increased upper body activation for shoulder blade control with rotation strength</p> <p>Key Points: coordinate breathing and work within your limits</p>	 <p>Press fingers into board, lift hips off board, rotate torso and shoulders</p>	 <p>Deep kneel, rotate board to left and right of front leg</p>	 <p>Bent knees, press up with top hand, side roll to back and opposite side, press</p>
<p>Strength</p> <p>Purpose: add shoulder control to mimic complex moves like walking around a corner pushing a suitcase or lawn mower</p> <p>Key Points: move slowly and purposefully</p> <p>3 sets x 10 reps</p>	 <p>Side placed Half Ball, alternate left and right leg kick out to the side</p>	 <p>Side placed Half Ball, 2 hand side plank, walk feet and rotate 360 degrees</p>	 <p>Side placed Half Ball, lateral lunge, rotate chest and weight over leg</p>
<p>Endurance</p> <p>Purpose: train rotation hold from front, back and side directions with added shoulder stability</p> <p>Key Points: stabilize on ground then lift body upward and tilt board up</p> <p>4 reps x 15 second holds</p>	 <p>Push board into ground, lift board with opposite hand, feet wide</p>	 <p>Surf layback position, press hand into ground, lift hips, twist board</p>	 <p>Opposite foot and hand on board, hold foot in air with opposite hand</p>
<p>Recovery</p> <p>Purpose: active release musculature that commonly limits trunk rotation</p> <p>Key Points: incorporate breathing and leg movement for deeper release</p>	 <p>Glutes with leg extension</p>	 <p>IT Band/TFL rolling</p>	 <p>Chest with elbow raises</p>