

These exercises are excellent for introducing rotation into the kinetic chain without external loading. Progression for this exercise should be slow to fast in order to take advantage of its dynamic component.

Supine Russian Twist on top of ball



Supine Russian Twist
on top of ball Start



Supine Russian Twist
on top of ball Left



Supine Russian Twist
on top of ball Right

Squat Push Press



Squat push press Start



Squat Push Press
Finish

Rotations



Rotation Left



Rotation Right

Pelvic Tilts



Pelvic Tilt Anterior



Pelvic Tilt Neutral



Pelvic Tilt Posterior

Dynamic Flexibility Warm-Up

Shoulder Reaches



Left Shoulder Reach



Right Shoulder Reach

Groin Stretch



Groin stretch with
right leg extended



Groin stretch combined
with core rotation and
shoulder reach

Roll Ups



Roll-Ups