

# EXERCISE

# Trunk Rotation

By Cathal Fanning

- **Description**
- **Coaching Points**
- **Main Muscles Involved**

# Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

This exercise is the trunk rotation using the cable machine

The areas of the body that we're working are the torso and the muscles that support the torso. So what I'm going to get the client to do is take the handle of the cable machine, hold it with both hands at the centre of their chest, taking their feet to just outside of shoulder width. Once they're comfortable with that position, they're then going to press the arms out and away from the body to the side, taking a quick movement across the body as far as they can without rotating the hips. From here, they're going to slowly control the hands back towards the centre, keeping the hips nice and steady.

Key coaching points that you want to pick out here is that they're breathing continuously, that they're keeping the tempo nice and quick as they're going out, and that they maintain the hips as stable as possible.

Just do two more for me, Dom.

And the last one. Excellent.

Then get the client to bring their hands into the centre, and then rotate round to face the other way.

So Dom, rotate round to face the opposite direction, and then do the same movement from there. Push the arms out away from the body. From the camera's point of view, we get a nice view of the hip position.

When you're ready, come back towards the cable. Your hands come through. And then nice and quick across the body.

So focusing here and making sure that the hips are nice and stable and all the rotation occurs through the torso. Keeping the arms nice and long. And again, making sure they're breathing and the tempo stays nice and consistent throughout.

Two more for me, Dom. And the last one.

Excellent.

And relax. Rest there. Perfect.

# Main Muscles Involved

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- Abdominals
- Obliques

