

EXERCISE

Standing Vert Ball 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 a partnering exercise. You can do this if you're training multiple clients at the same time. Or in this case, if you're training on a one-to-one basis, it's a good way to get involved with your client.

It's a Standing Vert Trunk Rotation, so the primary movers are the obliques on the trunk of the body - also the lower body stabilizers.

Once your client is in position facing side-on to you, you're going to ask them to be in a ready position.

Once they're there, you'll throw the ball to your client. The client will receive the ball, and they will then rotate away from their body, loading through the hips and the obliques, trying to be really careful about keeping the hips as steady as possible.

And then from that position, they'll aggressively throw the ball back across the body - back to you. This is a great way to involve power into your training, along with other components of fitness.

As your partner receives the ball, make sure that their arms stay nice and long throughout as they rotate. Then, keeping the structure of the arm consistent all the way through as they then rotate and throw across back to you.

It's important to give your client consistent encouragement, making sure that the tempo and the speed is the same all the way throughout.

So if you just increase that power a little bit forward for me. Dom. Two more.
Last one. Excellent.

Give it a go.

Main Muscles Involved

- Trapezius
- Anterior deltoid
- External oblique
- Internal oblique
- Transversus abdominis
- Gluteus medius
- Tensor fasciae latae