



## Seated Rotation With Tubing

### Purpose:

Strengthen trunk rotators and shoulder blade muscles.

### Benefit:

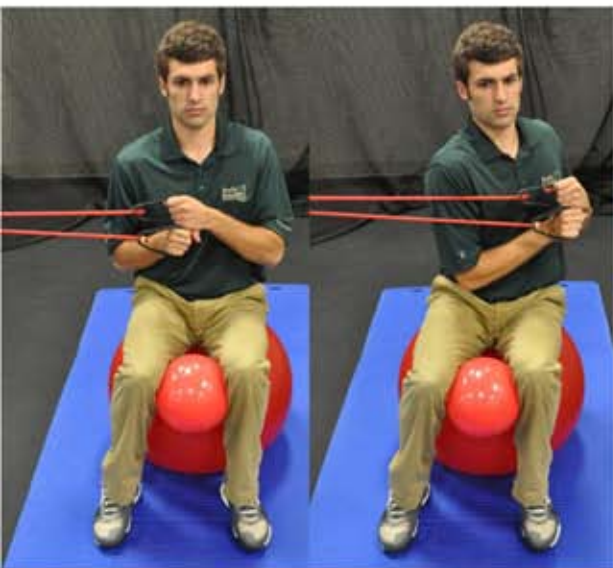
Generates powerful spinal rotation, while maintaining scapular retraction throughout swing.

### Instructions:

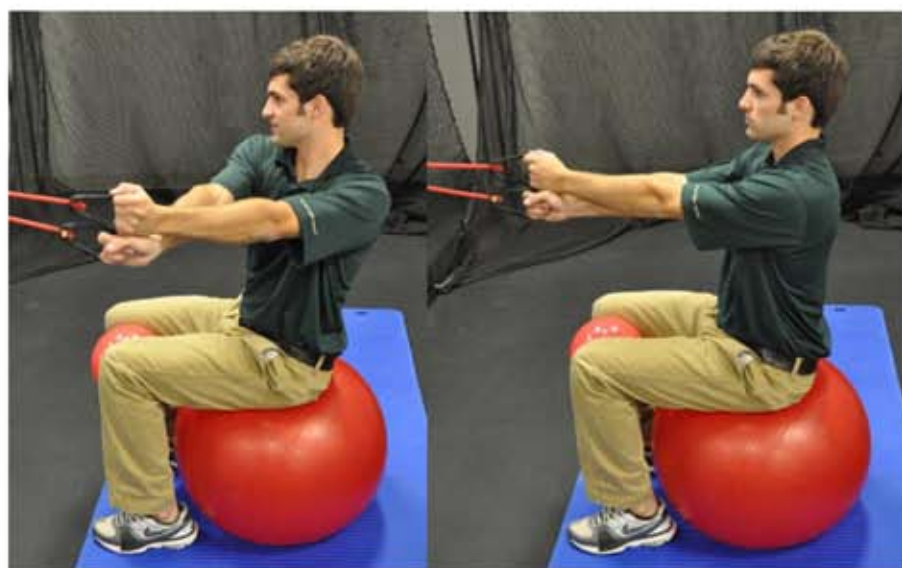
Feet and legs hip width apart, hold pillow/ball between knees, upper body straight, and shoulder blades slightly squeezed. Keep chin and knees forward, hands in center of chest while rotating spine away from resistance. Hold at end of rotation 2-3 seconds and relax back. To increase intensity and difficulty, straighten arms farther away from chest.

### Quantity:

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



Arms Bent Start, Finish



Arms Straight Start, Finish