

Torso Rotation

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Method 1:

Attach bands high on a pole or bar. Stand with bands under tension, heels lined up in a wide stance parallel to the band, toes angled 45° away from the attachment, and torso parallel to bands. Hold the handles high and tight to the chest. Lean

to put weight over the foot farther from the pole.



Holding the knees and feet steady, rotate your trunk away from the pole up to 90°, without changing the amount of lean, and return. The point is to stretch the bands by

rotating the torso, not by additional leaning. Repeat.



Method 1 stretches the band around the upper arm. Unfortunately, it hurts the skin on the arm, leaving horizontal lines.

Wedging a pad under the sleeve is an option.

Method 2: This is the way I do it now, and my upper arm now only occasionally shows marks. I set up with both feet off the rug and a gap of maybe four inches to the rug from the inner foot. Both feet are 90° to the bands. I hold my hands against my chest as shown, but just inside the shoulder farther from the attachment point. This keeps the plastic bits of the handles off the shoulder and resting against the chest.

Backstory. Janine put me on the Torso Rotation machine (#60) at Answer Is Fitness: you kneel on a rotating platform, while gripping handles that hold your shoulders to fixed pads. Rotating your torso turns the platform and lifts the weights, a great core exercise. I improved steadily and set it to 90 lb for my last year or so there.

With bands, leaning will be necessary, and it's important to do the leaning first. A leaning motion as you twist will sap the value of the exercise.