

Summary: Rotational core training is said to be beneficial for rotational power athletes and athletes who need to move in different directions. Rotation is also one of the primary movements so everyone should incorporate some form of rotation exercise. The Pallof Press, rotational landmine, and steering wheel are some of the many Rotational Core exercises that I do often. Read on

Anti Rotational Exercises

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BAND PALLOF PRESS

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resistance band to a piece of equipment at chest height and stand
axial to it as it's fully stretched. The further away you stand to where it's
l, the harder you'll have to work. Keep your core tight to resist rotating
ghery our arms, pause, then bring your hands back to your chest.



Pallof Press and Anti-Rotation Exercises

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Rotational core training is said to be beneficial for rotational power athletes and athletes who need to move in different directions ([study](#)). The Pallof Press, rotational landmine, and steering wheel are some of the many Rotational Core exercises that I do often. It is not part of the essential 5 core exercises that I recommend, but maybe they should be for a variety of reasons. Compared to other core exercises these train the ability to stabilize the entire core under a load in an upright position by preventing rotation (anti-rotation movement). This is important because we prioritize that our clients establish proper form in the five primary movement patterns—bend-and-lift, single leg squat, push, pull, and rotation—before adding external loads during full-body movements ([see foundational exercise program](#)). In other words everyone we work with, from athletes to the novice exerciser, are trained to be able establish these movement patterns with proficiency. It is difficult to train in rotation though. The problem with rotation exercises is that care must be taken to not twist the lumbar spine, which has been shown to damage the spine ([see article](#)). These exercises do not twist the spine, but works the muscles that prevents twisting. It is a very safe transverse plane / trunk rotation exercise. It challenges the frontal plane, and teaches exercisers to maintain a stable, neutral spine. The Pallof press and Haybailers has the exerciser holding a taut resistance band or cable in front of them while slowly pressing it out and back (Pallof Press) or over shoulder (Haybailer) ([alternative to Pallof Presses](#)). The band's tension pulls the exerciser toward the anchor point so the exerciser engages their core to stay in place (Not Twisting - Prevents Twisting) The band/cable can then be pushed in and out or moved in different directions. All of this is done without rotating the spine. The same can be done with a landmine or weighted plate. The bar or plate is raised in front of the user with straight arms. The core is engaged to preventing flexing and twisting of the spine. Then the bar or plate is then moved in a rotation fashion. **WHAT ARE ANTI-ROTATION exercises:** Anti-rotation exercises train core stability without rotating the torso. This is important for the lumbar spine, which is a stabilized joint (with very little range of motion). It should not be twisted. Thoracic rotation is necessary for various movements and athletic motions ([see other anti-rotation exercises](#)).