

## Landmines

### GREAT ATHLETIC TRAINING EXERCISE SERIES



A rotational athlete is any athlete who uses twisting within the torso in order to perform their sport-specific movement. This is done in order to transfer forces generated from the lower body through the core to accelerate the upper body and dominant limb

**Do it Right!**  
Exercises you Should Do

Another great exercise device for any athlete and for those looking for variety is the landmine. This exercise utilizes a barbell with weight on one end where the other is secured to the floor. The angle of the bar allows you to apply force vertically and horizontally. You move the barbell in an arc instead of in a straight line. There are many different exercises you can perform, such as a one or two-handed landmine shoulder press, a landmine front squat, and one or two-handed bent over row. My personal favorite is using it as an anti-rotation exercise. This exercise should be used by any athlete especially those who do rotational sports like tennis, baseball, and golf ( [see how](#) ). The one arm shoulder press is a great shoulder rehab exercise because of the arc of motion. The non-overhead position is also great for folks with poor thoracic mobility. The tension decreases throughout the motion as well, which may be helpful for those in rehabbing their shoulder. [See how to use here.](#) [See more here.](#)