

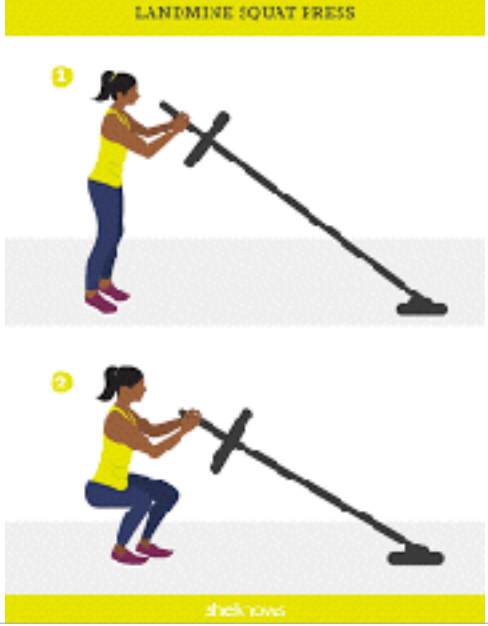
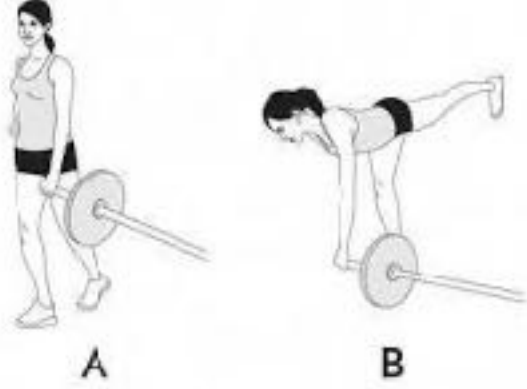





MUSCULAR FITNESS MASTER LIST

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| <p>Bar with Rotational Trainer</p> | <p>A rotational trainer or landmine exercise refers to an angled barbell movement where one end of the barbell is on the ground and the opposite end is held by the lifter.</p> | <p>Please see video links below and written description here (link). Most of these exercise are advanced and should be done with excellent, pain-free form.</p> | | |
| <p>Barbell Rotational Trainer Jammers</p> | <p>https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/236/barbell-jammers</p> |  | <p>★ ★ ★ ★ ★</p> | <p>This should be done with a rotational trainer and barbell.</p> |
| <p>Barbell Rotational Trainer Row</p> | <p>https://weighttraining.guide/exercises/landmine-row/</p> |  | <p>★ ★ ★ ★ •</p> | <p>It is very important to keep back locked in neutral and hinge at the hips.</p> |
| <p>Barbell Rotational Trainer Squat</p> | <p>https://www.youtube.com/watch?v=oRVwUtJXLIQ</p> |  | <p>★ ★ ★ ★ ★</p> | <p>It is very important to keep back locked in neutral and hinge at the hips. You can do this with single or double arm press at top of motion</p> |
| <p>Barbell Rotational Trainer Single Leg Romanian Deadlift</p> | <p>https://www.youtube.com/watch?time_continue=17&v=GszNpS-HoCI&feature=emb_title</p> |  | <p>★ ★ ★ ★ ★</p> | <p>It is very important to keep back locked in neutral and hinge at the hips.</p> |
| <p>Barbell Rotational Trainer Kneeling or Standing Single Arm Press</p> | <p>https://www.youtube.com/watch?v=1ovRm9BdOds</p> |  | <p>★ ★ ★ ★ ★</p> | <p>Keep back locked and shoulders square.</p> |
| <p>Barbell Rotational Trainer Standing Rotations</p> | <p>https://www.youtube.com/watch?v=8aXStDm3cOs</p> |  | <p>★ ★ ★ ★ ★</p> | <p>Do not rotate hips. Keep back locked and shoulders and hips square.</p> |
| <p>Want more rotational trainer exercises - see video - I would not recommend exercise 9 and 27-30 plus he does many of them too fast and he has poor ergonomics when setting up, but other than that he does a good job.</p> | <p>https://www.youtube.com/watch?v=ILeQwd_AHZo</p> |  | | |