

# Resisted Trunk Rotation



- Sit on an appropriately sized exercise ball or chair.
- Grasp a resistance band or pulley with extended arms. (Bending your elbows and bringing your hands closer to you, will reduce the torque or amount of resistance you feel.)
- Keeping your arms straight and your shoulders down, rotate your trunk against the resistance from side to side in the middle 60 degrees of range.
- Repeat for 20 times or until fatigue, whichever comes first.