

ELBOW KNOCKOUTS TT06

rotational twisting

DIRECTIONS

Stand facing the anchor - both hands held high. Pull the right elbow back while rotating your chest backwards. Pause and hold as you pinch the shoulder blade. Return to the starting position. Alternate with the left side to complete 12 reps.

IMAGERY

Visualize knocking out an opponent with your elbow. Keep the elbow high. The head should rotate and twist with the movement. Imagine you see the opponent behind you.

Go only as far as comfortable. Gradually increase your ROM on a daily basis.

BENEFITS

Elbow Knockouts tie movements of the shoulder girdle to those of the upper torso through the rotational movement of the upper chest. The upper chest is strengthened and uplifted to help keep the spine erect. Additionally, the latissimus dorsi interacts with the internal and external obliques to develop the core muscles of the torso.

ROTATIONAL TWISTING

In life and sports our bodies are constantly performing rotation. Joints, which permit rotation, include the shoulder and the hip, both which are ball and socket joints. Our necks and backs also rotate due to a series of smaller joints. Incorporating rotational twisting into any fitness regimen is vital for daily functional fitness.