

SIDE ELBOW JABS TT07

rotational twisting

DIRECTIONS

Stand sideways to the anchor holding the rope with both arms across the body towards the anchor. Pull the rope away with the LEAD ELBOW while rotating your chest backwards. The lead elbow does the pulling while the trailing elbow comfortably goes along for the ride. Return to the starting position and repeat 6-8 times.

Alternate to the other side and repeat 6-8 times.

IMAGERY

Visualize sliding your leading elbow across a level shelf.

1. Visualize thorax being VERTICALLY arched.
2. Visualize thorax being HORIZONTALLY arched.
3. Now – slide your elbow across the shelf

BENEFITS

The twisting motion of the thoracic spine is important because it incorporates so many central points of the body. Twists require the work of the abdominal muscles, oblique muscles, spine, neck, shoulders and pelvis. Each twist improves the strength and flexibility in all of these areas.