

## TORQUE CONVERTERS TT08

rotational twisting

### IMAGERY

Torque is a measure of how much twisting is applied to a fastener. The units used to measure torque are force times length.

### DIRECTIONS

Grasp the rope with both hands. Turn completely around until you face away from the anchor 180 degrees. If the rope is on your left side, cross the left leg over the right leg. You should be totally twisted with your EYES looking at the anchor point. Begin to pull the rope past the side of your body until both arms fully reach forward past the front of your body. The HEAD should follow the movements of the hands. Return to the starting position. Repeat 10+ times per each side.

Medically speaking this is known as axial rotation of the spine and neck. Combining the diagonal and rotational movements makes this a great exercise to develop core muscles.

### CAUTIONS

The HEAD should follow the movements of the hands. This action links the movements of the arms to the movements of the torso. Try to find the unison while pulling down together this muscular action chain of the head-neck-shoulder-arm and torso.

### BENEFITS

The primary muscles worked are the rectus abdominis, the serratus, and the internal obliques. However, the actions performed in this exercise also recruit the latissimus dorsi and pectoralis to unite with the abdominals to carve out real abdominal musculature. This functional fitness exercise links multiple muscles together and has multiple benefits. This phenomenal exercise wrings out stored tension as well and is The Grand Finale of Thorax Theatre.