

Preparatory Exercises

Torso: Fast Rotations

Starting Position: erect, feet parallel and separated hip width apart; knees slightly bent, pelvis slightly tucked in.

The rotation is centered in the abdominal area, your arms are completely relaxed and the movement is performed while exhaling.

Keep moving for at least 20 seconds and up to 90 seconds.



Contraindications: none.

Benefits: develops awareness of the center of movement and the abdomen; increases ability to coordinate breath and movement.