



Figure 2 The (core) pull with trunk twist: (a) start position, (b) final position.

### The (core) pull with trunk twist

**Purpose:** This exercise is designed to train control and stability during pulling movements (e.g. a cart, tennis backhand, golf swing).

#### Starting position

- \_ Standing in a semi-squat or fencer's position by a pulley machine or with tubing in your hand.
- \_ The tubing or cable should be slightly above waist height.

#### Part (B)—The (core) pull with trunk twist

- \_ Perform with moderate resistance.
- \_ Set your scapula back and down.
- \_ Turn your body towards the apparatus (see [Fig. 2a](#)).
- \_ Keep your elbow pressed against your side throughout the movement.
- \_ Turn from your waist and hips without moving your arm very much (see [Fig. 2b](#)).
- \_ Be sure to stay in a semi-squat position throughout the exercise.
- \_ Progression: perform while balancing on your opposite leg.