



The Rotational Trainer



Convert centripetal force into a powerful strength training tool for the shoulder joint, shoulder girdle and core. By grasping the Rotational Trainer with one or two hands and rotating the yellow balls a resistant centripetal force is created, challenging the user to constantly stabilize engaged muscle groups. The Rotational Trainer is as versatile as it is fun to use. Simple modifications to grip and body positioning will engage different muscle groups. It can be used while standing, sitting or lying, and in conjunction with other fitness tools, like resistance bands, exercise balls and foam rollers.

Now, let's start a revolution:

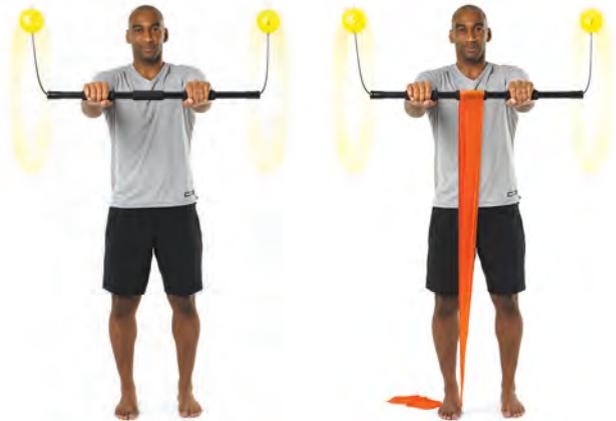


Single-arm shoulder elevation in the scapular plane

Grip the Rotational Trainer lightly with one hand on the center pad. Hold your arm laterally, level with your shoulder and start the balls spinning by using a large, exaggerated stirring motion. Once the balls are spinning, your body will need to match the rhythm of the motion to keep the balls moving. It's all about timing and letting your entire body contribute to the exercise: your shoulders, girdle, core and lower extremities. The movement should come from larger muscle groups, not from moving your hand or wrist, nor flexing and extending your elbow. When performed correctly, you'll experience a rhythmic, coordinated neuromuscular response.



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Double-arm shoulder elevation

Grip the Rotational Trainer lightly with both hands on the outer pads and hold your arms straight out in front, at shoulder level. Start the balls spinning using an exaggerated rowing motion, then tighten up the motion once spinning. This exercise focuses on shoulder flexion while engaging the core. To increase the difficulty, loop a resistance band over the center pad while using one foot to anchor the loose ends. This emphasizes an isodynamic tension on the upper extremity while increasing the challenge of core stability.



Center-hold, double-hand grip

Stand with your feet shoulder-width apart and knees slightly bent. Grip the Rotational Trainer with both hands on the center pad, fingers interlaced. Hold your arms in front of your body and start the balls spinning. This exercise offers even more emphasis on the core, coordinating the left and right extremities to work in unison with the trunk.



Double-arm shoulder elevation while prone on exercise ball

Lay prone on the exercise ball, supported by your core. Grip the Rotational Trainer with both hands on the outer pads. Hold your arms out in front, similar to doing a superman back extension (slightly higher than pictured) and start the balls spinning. This exercise engages the trapezius muscles, scapular stabilizers, anterior deltoids, lumbar extensors and core muscles.



Lateral raise, shoulder abduction

Grip the Rotational Trainer lightly with one hand on the center pad. Hold your arm to your side and start the balls spinning. While spinning the balls, slowly raise your arm laterally until at shoulder level. Slowly, bring the arm back to your side and repeat.



Side plank core stabilization with single-hand hold

Lay on your side, resting on your forearm, with your elbow directly underneath your shoulder and your feet stacked. Grip the Rotational Trainer lightly with your free hand on the center pad. Lift your hips off the floor into a side plank and, with the Rotational Trainer held slightly lateral from your waist, start the balls spinning. This is a great full-body, closed-chain exercise that works both the upper and lower extremities and core. The entire core is engaged, as well as the lateral trunk, shoulder joint, rotator cuff, scapular stabilizer and lower chain muscles, especially the hip abductors.



Biceps static curl, single-hand hold

Stand with your feet shoulder-width apart and grip the Rotational Trainer lightly with one hand on the center pad. With your elbow near your side and slightly bent, start the balls spinning. While spinning the balls, slowly bend the elbow into a bicep curl position with the hand at shoulder level. Slowly extend back to the starting position and repeat. For increased resistance, wrap one end of a resistance band around the center pad before gripping the Rotational Trainer and anchor the loose end with your corresponding foot.