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Rotational Core Workout For Sport

Rotational core workouts train rotational movements that take place in nearly every sport. From the stabilization of the body in running, to the swinging and twisting motions involved in throwing and hitting, rotational core strength plays a vital role in many sports.

1. Gopher U Abs

Level 1 – 8 Repetitions Each Way

Level 2 – 10 Repetitions Each Way

Level 3 – 12 Repetitions Each Way

Level 4 – 15 Repetitions Each Way

Level 5 – 15 Repetitions Each Way

2. Swiss Ball Down Twist

Level 1 – 6 Repetitions Each Way

Level 2 – 8 Repetitions Each Way

Level 3 – 10 Repetitions Each Way

Level 4 – 12 Repetitions Each Way

Level 5 – 20 Repetitions Each Way

3. Glute Ham Russian Twist

Level 1 – 6 Repetitions Each Way

Level 2 – 8 Repetitions Each Way

Level 3 – 10 Repetitions Each Way

Level 4 – 12 Repetitions Each Way

Level 5 – 20 Repetitions Each Way

4. Push-Up Ball Rotation

Level 1 – 8 Repetitions Each Way

Level 2 – 10 Repetitions Each Way

Level 3 – 12 Repetitions Each Way

Level 4 – 15 Repetitions Each Way

Level 5 – 15 Repetitions Each Way

