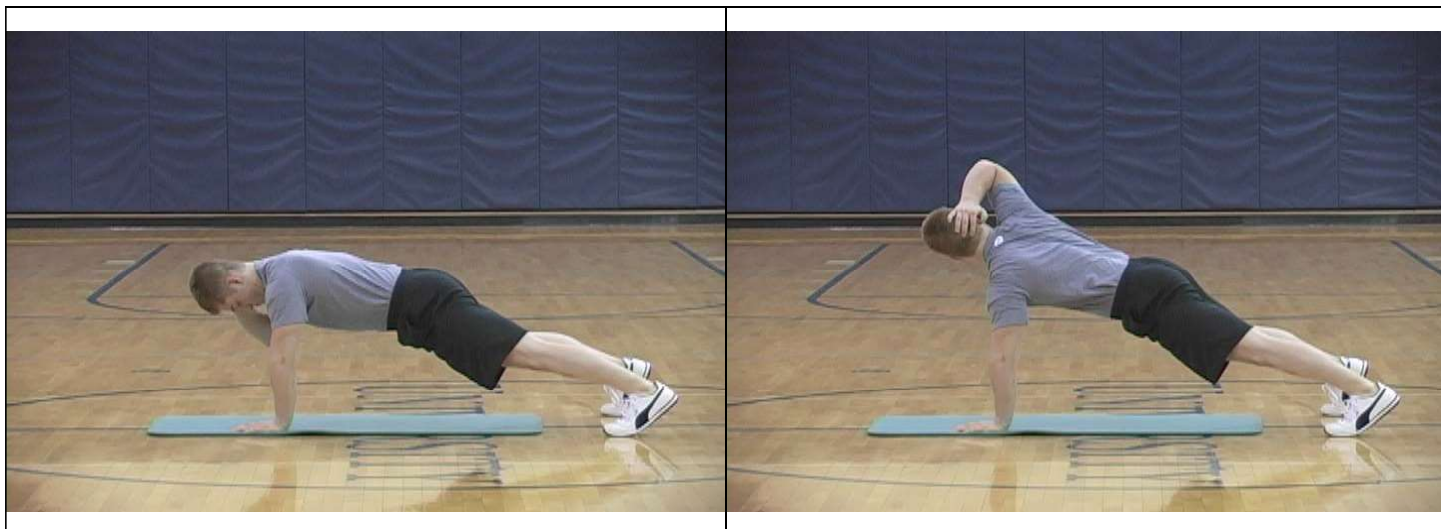


13.3 – 3- POINT EXTENSION-ROTATION



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve extension and rotation in the thoracic spine. ▪ To improve core/lumbar stability while rotating from the thoracic spine.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Start in quadruped with the hands underneath the shoulders and knees underneath the hips. ▪ Next, take place one hand behind your head. ▪ Press up into a modified push-up position with the feet wider than usual.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Gently move the elbow of the “top” elbow down and back towards the opposite knee. ▪ Reverse the motion, coming past the starting point to promote extension and rotation. Driving the eyes upwards will help as well. ▪ You’ll have to use muscular control to prevent lumbar hyperextension. Keep that core tight!
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the elbow up throughout. ▪ Don’t move too far downward at any point in the movement. ▪ Make sure to stabilize the lumbar spine and move from the thoracic spine throughout.