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## Wall Rotations

Face the wall, keep elbows and forearms in contact with the wall, elbows just below shoulder height. Brace the abdominals, rise up onto your toes then rotate to the left/right. This rotation must occur through the whole body, as the shoulders move to the left/right so do the hips, stay on your tiptoes and swivel the feet in the direction you are rotating. Arm must stay parallel to the floor (shoulder stabilisation). Return to the start, staying on your tiptoes and then rotate in the opposite direction.

