



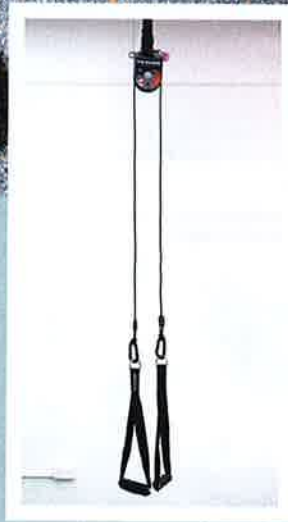
Exercises

1 CROSSCORE 180



Rotational Training can help develop and improve human performance, and is beneficial not only to young aspiring athletes, but also great for an 80-year-old trying to build up functional strength to get out of a chair. Since pretty much everything we do in our daily lives involve some kind of rotary movement, CrossCore 180 allows you to engage the muscles across your body when it is in motion.

Crosscore 180 is \$360 at #07-01 CSI Distribution Centre, 2 Kim Chuan Drive. www.unitedlifestyle.com



2 ONE-ARMED ROWS WITH ROTATION



This exercise was unnecessarily tough because in my infinite wisdom, I agreed to do it with my entire body weight directly under the mount. Ouch.

Position 1: Face the pulley and hold both handles, then slowly lean back. Remember, the closer you are to where the pulley is mounted, the more of your body weight you will be lifting.

Position 2: Make sure you keep your back straight, then pull yourself up with one arm until your hand is level with your chest, pinching your shoulder blade inwards.

Position 3: Slowly rotate your trunk in the direction of your drawn arm.

Position 4: Rotate back, and move your drawn arm slowly back to the starting position, then start the whole sequence for the other arm.

3 PUNCH-UPS WITH ROTATION



Because doing push-ups on a suspension training system is just too easy, CrossCore 180 has upped the ante with a more advanced variation of this simple exercise.

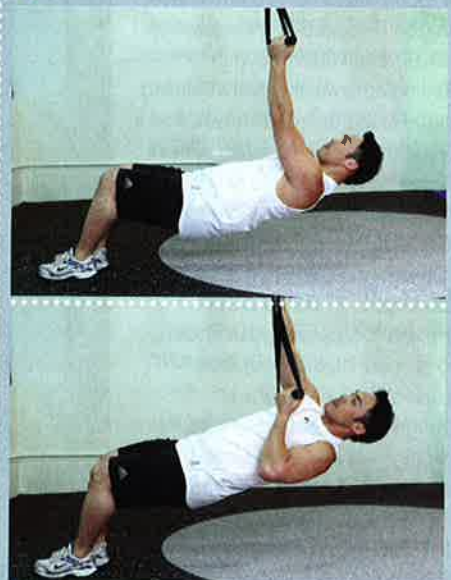
Position 1: Get into a push-up position, keeping your back straight.

Position 2: When you stop wobbling, draw one arm back until your hand is level with your chest.

Position 3: With both your toes on the ground, rotate your trunk in the direction of your drawn arm.

Position 4: Rotate back, and push your drawn arm forward, back into the push-up position, then start the whole sequence for the other arm.

4 SEATED ALTERNATE ARM PULL-UPS



For those of you who feel that normal pull-ups just do not pose enough of a challenge, this exercise may just be the thing to rock your boat.

Position 1: Adjust and shorten the rope so that when you sit under it with your arms raised, you are able to reach the handles.

Position 2: Pull yourself up one arm at a time.



Words: Howe Kian Wan
Photography: Roy Lim

PULLEY SYSTEM

The CrossCore Rotational 180 Bodyweight Trainer allows athletes to duplicate and train for the movements they perform out on the field and in the streets.



CrossCore 180 has taken the suspension training concept to a whole new level with the idea of Rotational Training, and this is achieved with a simple pulley. It is grounded in the idea that the muscles in our bodies are mostly diagonal and midline, and rarely orientated north to south. For example, when we run, our bodies have to rotate in order to keep propulsion going, and by adding a rotary component to our training regime, we can strengthen our patterns of movement and lessen the likelihood of sports injuries.