

Exercise of the Week

This week's exercise

Torsonator Squat

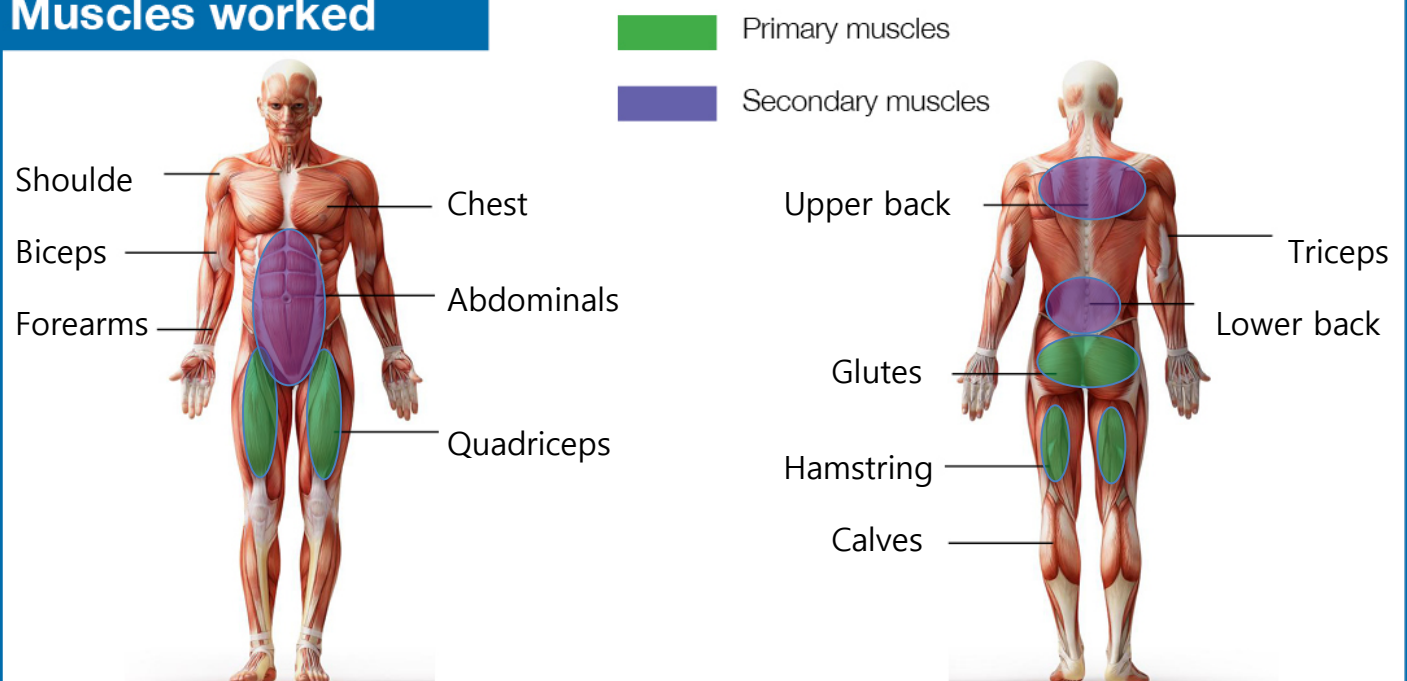
Exercise type

Machine

Benefits

- Useful in learning to hinge at the hips first when attempting a squat, therefore reinforcing the correct squat pattern.
- Reduced stress on the lower back in comparison to a barbell squat.
- Greater loading potential in comparison to the traditional goblet squat.

Muscles worked



Considerations

- Avoid rounding the upper back when performing the exercise; focus on keeping a tall spine at all times.
- Attempt to keep stable on all areas of the foot throughout the movement as there may be a tendency to shift onto the balls of the feet when driving up.

If required, please see a Health and Fitness Instructor for further guidance with this exercise.