Exercise technique

Standing Pilates bar torso rotation

Pilates-kit variation / 8-12 each side



START / centred **FINISH / small torso turn**

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops and match the tube pairs; hold the bar just below chest height.

MOVE / Turn the upper torso through a small comfortable arc while the pelvis faces forward.

RETURN / Return to centre slowly, then change sides; avoid forcing the twist.

MAIN / RED
Oblique abdominal muscles guide the small, controlled torso rotation.

SECONDARY / BLUE
Shoulder and arm muscles maintain the held bar position.

SUPPORT / GREEN
Hip and gluteal muscles steady the pelvis over the planted feet.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS