

Precision Rotator Discs from Balanced Body®



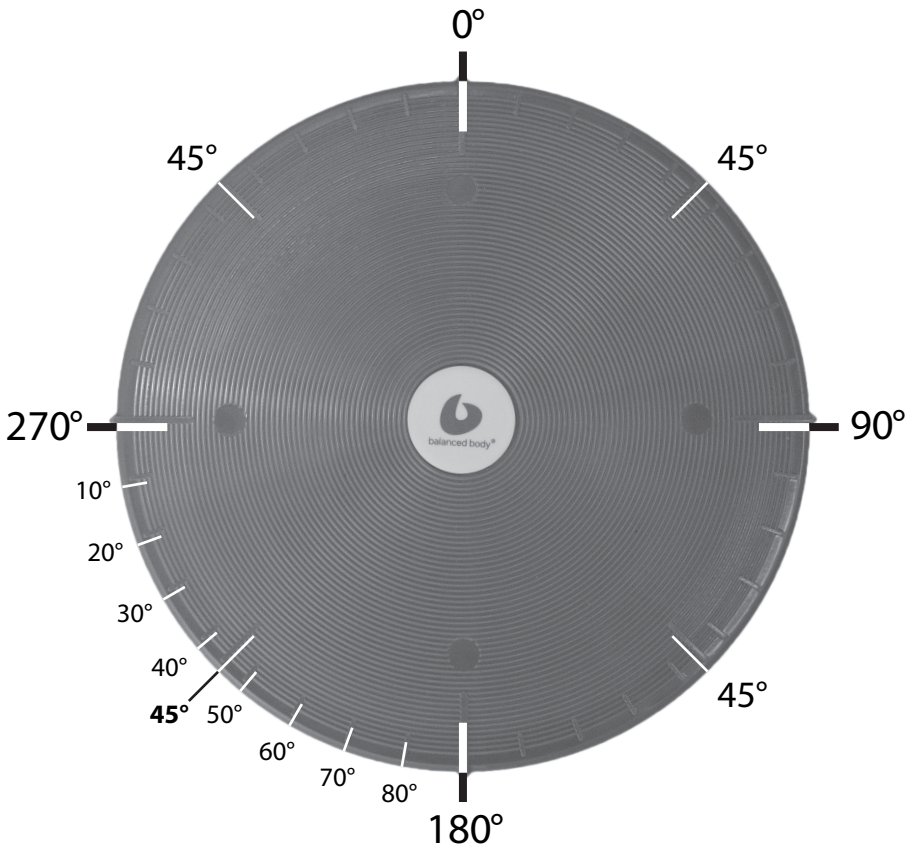
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Cardinal Markings



Precision Rotator Discs from Balanced Body®

Balanced Body has revolutionized the ordinary rotator disc by adding two different levels of resistance, two different sizes, and calibration for easily assessing rotational patterns.

Freely rotating discs have been used for many years to provide a challenge to stability and allow rotational movements to occur in the limbs or torso. Adding resistance helps to strengthen rotational patterns and create rotational stability.

The new discs are durable, easy to use and provide an entirely new rotator disc experience.

Balanced Body Rotator Discs are available in the following configurations:

- » No resistance - 9" (23cm) and 12" (30cm)
- » Light resistance - 9" (23cm) and 12" (30cm)
- » Heavy resistance - 9" (23cm) and 12" (30cm)

The light resistance is useful for the shoulder and upper limbs, and the heavy resistance is perfect for the hips and lower limbs. The two sizes provide a comfortable platform for hands or feet regardless of the person's size.

Built into the discs are markings at 0, 90, 180 and 270 degrees as well as smaller indications every 10 and 45 degrees. The markings provide information about the degree of rotation in the hips or shoulders and provide feedback to clients and instructors on progress, balance and limitations.

Rotator discs are a wonderful accessory to add to a mat workout or to a Pilates equipment session. They can be used on the floor, on the seat of the Pilates Chair, on a Reformer carriage or box or on a Trapeze Table.

For comfort, especially on the knees, optional foam pads are available in both 9" (23cm) and 12" (30cm) sizes.

ROTATOR DISC EXERCISES

The following exercises are a sampling of what can be done with the rotator discs.

Podcasts and additional material are available at Pilates.com.

Standing Rotation

These are classic rotator disc exercises used to assess, correct and balance the hips in medial and lateral rotation. With the addition of the calibration marks it is easier to see differences in range of motion on the two sides. These exercises can focus on hip stability when using the discs without resistance or strengthening the end ranges of hip or torso mobility when using the discs with resistance.

Disc: 9" or 12", heavy or no resistance

Starting position: Place two discs on the floor as close together as possible without their edges touching. Align the discs so the cardinal markings are in line with the feet. Stand on the discs with the feet parallel to each other and the second toe in line with the cardinal markings. The metatarsals are directly over the center of the disc.

MOVEMENT SEQUENCES

Each of these options can be performed with the legs straight or with the knees bent in a plié or a squat position.

- » **Lateral or external rotation:** Rotate both legs laterally keeping the pelvis steady.
- » **Medial or internal rotation:** Rotate both legs medially, keeping the pelvis steady.
- » **Rotate one leg at a time:** Rotate one leg medially or laterally while maintaining the position of the other leg in parallel or in medial or lateral rotation.
- » **Rotate both legs in the same direction:** Rotate both legs to the right or left keeping the hips facing forward.
- » **Twist:** Rotate both legs to the right or left. Feet can be on separate discs or both feet can be on one disc.



Starting position with legs straight



Laterally rotate the hips.



Medially rotate the hips.



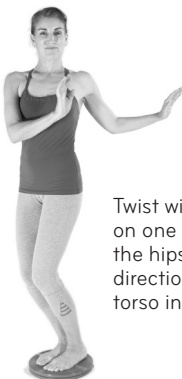
Bend the knees and laterally or medially rotate the hips.



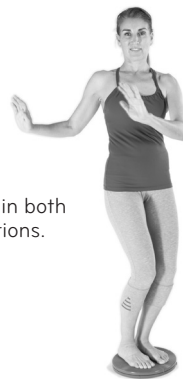
One leg at a time, stabilize one leg and rotate the other leg.



Rotate both feet in one direction, keeping the torso steady.



Twist with both feet on one disc, rotating the hips in one direction and the torso in the other.



Twist in both directions.

All Fours Lateral Flexion

Rotator discs provide a good environment to work on lateral spinal flexion or side bending. There are many options depending on where the mobility is focused.

STARTING POSITION

To focus on the full spine, place both hands on one 12" light disc and both knees on one 12" heavy disc.

MOVEMENT SEQUENCES

- » **Lateral rotation for the whole spine:** To rotate the whole spine, rotate the disc under the hands to the left and the disc under the knees to the right. Focus on the floor or rotate the head in the direction of rotation.
- » **Lateral rotation for the upper and mid spine:** Rotate the disc with the hands keeping the elbows straight and the hips stable.
- » **Lateral rotation for the mid and lower spine:** Rotate the disc with the hips by laterally flexing to one side. Maintain the stability of the shoulders to focus the rotation on the mid and lower spine.



Starting position with both hands on one disc and both knees on a second disc.



Whole spine lateral flexion. Rotate the discs in opposite directions.

All Fours Shoulder Rotation

The All Fours position provides many options for strengthening and for shoulder and hip rotation. The markings on the discs aid in assessing and correcting imbalances in range of motion.

MOVEMENT SEQUENCES

Shoulder Mobility

For mobility of the shoulders, place each hand on a 9" disc with the knees on the floor. Line the middle fingers up with the cardinal markings on the disc. If using resistance, consider using light resistance for the hands.



Starting position. Kneeling with one hand on each disc and knees on the floor.

VARIATIONS



Lateral rotation. Rotate discs laterally.



Medial rotation. Rotate discs toward the body.



Asymmetrical rotation with lateral flexion. Rotate both discs in the same direction, keeping the hips stable.

Hip Mobility

For mobility of the hips, place each knee on a 9" disc with the hands on the floor. Line up the middle of the knees with the cardinal markings on the discs. If using resistance, consider using heavy resistance for the knees.



Starting position. All fours position with one knee on each disc.

VARIATIONS



Lateral rotation. Laterally rotate both legs, alternately crossing the ankles.



Medial rotation. Medially rotate the hips.



Asymmetrical rotation with lateral flexion.
Rotate both feet in the same direction.

Supine Lateral Flexion

Lying on both discs allows the shoulder girdle and the hips to move somewhat independently. This is a good core exercise and it also strengthens the sides of the body.

STARTING POSITION

Lie supine with the shoulders on one 12" disc and the hips on another 12" disc. Support the head in the hands and hold the legs in a tabletop position. No, light or heavy resistance can be used for this exercise.

MOVEMENT SEQUENCE VARIATIONS

Laterally flex the spine to each side maintaining the height of the head and the position of the legs.



Starting position. Shoulders on one disc, hips on one disc. Head supported and legs in tabletop.



Laterally flex the spine by drawing the hip toward the shoulder.

VARIATIONS

- » Hold the **upper body** steady and move the hips only.
- » Hold the **lower body** steady and move the upper body only.

Kneeling on the Rotator Discs

Kneeling on the discs strengthens and balances hip rotation. Use pads on the discs to keep the knees comfortable. If resistance is used, try the heavy resistance.

STARTING POSITION

Kneel with one knee on each disc.

MOVEMENT SEQUENCE VARIATIONS

- » **Medial hip rotation.** Rotate both hips medially.
- » **Lateral hip rotation.** Rotate both hips laterally. Alternate the cross of the ankles. (not shown)
- » Rotate one hip medially and one hip laterally. (not shown)



Medial hip rotation. Rotate both hips medially.

Plank and Push Up Exercises

Plank exercises are wonderful for developing upper and lower body strength and increasing core stability. Using the discs under the hands provides a stability challenge especially when used with push ups.

STARTING POSITION

Place each hand on a 9" disc with no or light resistance. Straighten the legs to come into a plank position with a long line from head to heels.



MOVEMENT SEQUENCE VARIATIONS

- » Plank with the hands on the discs.
- » Lift a leg keeping the discs stable.
- » Rotate the discs medially, laterally or asymmetrically with the hands.
- » Do push ups keeping the discs stable or rotating them medially as the elbows bend, and returning to neutral as the elbows straighten.



Challenge the plank by lifting a leg.



Push up. Keep the discs stable or rotate them as the elbows bend and straighten.

USING THE PRECISION ROTATOR DISCS ON THE PILATES CHAIR

Standing Press Downs

This exercise works on stabilizing the standing hip and challenging balance.

STARTING POSITION

Place a 9" or 12" disc on the floor in front of the Pilates Chair. Place the foot in the center of the disc with the second toe lined up with the cardinal points. Stand on the disc and place the other foot on the Chair pedal. Hold Chair handles if available, or place the hands on the hips to assist with balance. If using resistance, no or heavy resistance is recommended.



Starting position.

MOVEMENT SEQUENCE

Press the pedal down without rotating the disc under the standing leg.



Press pedal down, keeping the standing leg disc stable.

VARIATIONS

Facing Sideways. Stand sideways to the Chair and perform the same exercise in lateral rotation, keeping the standing leg disc stable.

Add rotation of the standing leg. Add medial and lateral rotation of the standing leg as the other leg presses the pedal down.



Lateral rotation starting position.



Press the pedal down, keeping the standing leg disc stable.

Pull Ups

The discs add rotation to an exercise that already strongly works the core or powerhouse.

STARTING POSITION

Place a 12" disc on the seat of the Pilates Chair. Press the pedal down and stand on it with both feet. Place the hands on the edges of the disc. If using resistance, no or light resistance is recommended.

MOVEMENT SEQUENCE

Draw the abdominals in and pull the pedal up as high as possible. Keep the disc stable as the hips rise.



Pull up. Engage the abdominals to lift the pedal. Keep the disc stable.

VARIATIONS

Add rotation. With the pedal up, rotate the disc from side to side to challenge the oblique abdominals and shoulders.



Add rotation. Rotate the disc to one side, keeping the hips facing the chair.



Alternate sides.

Reverse Swan

This is an advanced exercise for the shoulders and core, and requires good body awareness to perform well.

STARTING POSITION

Place a 12" disc on the seat of the Pilates Chair. Sit on the disc and reach the arms back to contact the pedal. Straighten the legs into a Teaser position.

MOVEMENT SEQUENCE

Rotate the hips from side to side while maintaining the stability of the shoulders.



Reverse Swan. Rotate hips to one side while keeping the shoulders stable.



Alternate sides.

ADDITIONAL ROTATOR DISC PRODUCTS

FOR YOUR JUMPBOARD

Precision Rotator Discs that attach to your Reformer Foot Plate (Jumpboard) are also available. Position them anywhere on your Jumpboard using adjustable attachments, then remove and use them independently. Sold as pair, 9" (23cm).



FOR COREALIGN®

Precision Rotator Discs are also available for CoreAlign. Specially modified with plugs that insert into the carts, they stay firmly positioned during use. Sold as pair, 9" (23cm) or 12" (30cm).



See [Pilates.com](https://www.pilates.com) for free podcasts and more information about all Precision Rotator Disc products.



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