



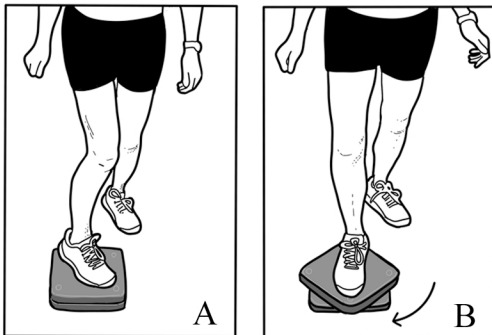
The Twist Disk

Instructions for Use

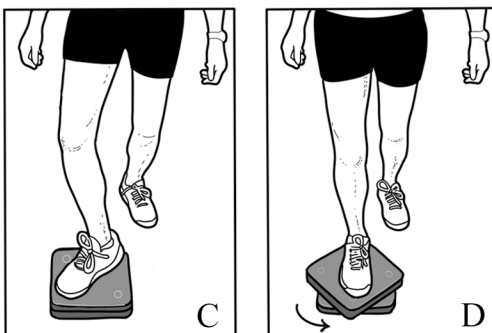
Although there are a wide range of exercises that target each of the transverse plane stabilizers, the easiest way to strengthen all of these muscles simultaneously is with the Twist Disk. This product is comprised of 2 rubber plates that are bolted to a spring-loaded mechanism that provides significant resistance as you rotate the disk in and out.

My favorite routine to strengthen all of the transverse plane muscles is to perform **one set of 30 repetitions in each of 3 positions** illustrated below and on the back of this page. As you get stronger, you may notice that you're slightly weaker when your knee is flexed at a specific angle; e.g., people with weak popliteus muscles will have difficulty rotating Twist Disk inward when the knee is bent 30°, while people with weak hip rotators will have difficulty rotating Twist Disk outward when their hips and knees are straight. The best way to address isolated weakness is to **reproduce the angle you have most difficulty with and hold an isometric contraction in this position for 30-60 seconds**.

As you get stronger, you can preload the muscles by rotating the Twist Disk prior to performing the exercise. **By rotating the Twist Disk 45° before initiating the exercise, you maximize resistance by rotating the spring at its peak tension**. It's easy to tell when the Twist Disk is at peak tension because you'll hear a slight click at the end range of motion.



1. External Rotation: This works the hip external rotators and biceps femoris. Put the disk on the floor near something that you can hold onto or grab in case you lose balance. You should wear shoes when using the Twist Disk. Place your foot on the disk on the diagonal (corner to corner), with your toe pointing inwards (A). Turn your foot outwards using pressure against the resistance of the disk (B).



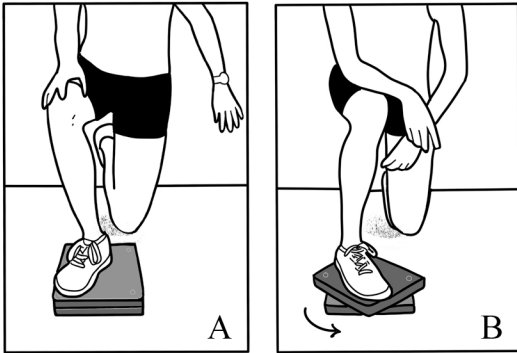
2. Internal Rotation: This works popliteus and semimembranosus, as well as the hip internal rotators. Place your foot on the disk on the diagonal (corner to corner), with your toe pointing outwards (C). Turn your foot inwards using pressure against the resistance of the disk (D).



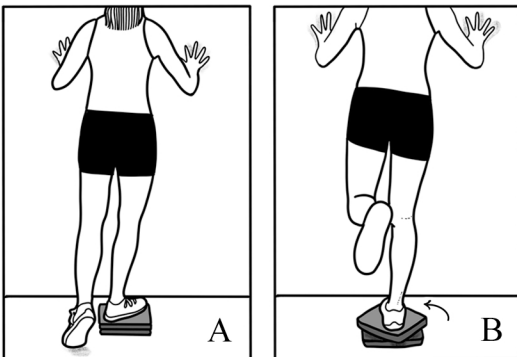


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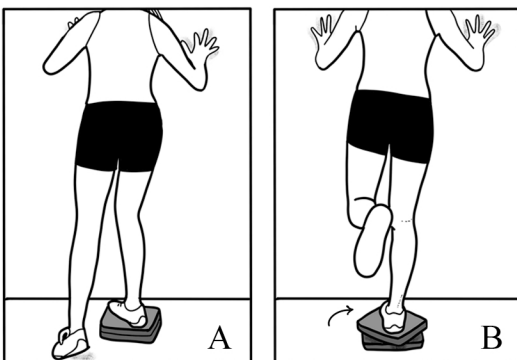
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3. Kneeling Twist Disk: This works tibialis posterior. Kneel on the floor with the disk in front of you. You can lean against a chair or table for stability. Place your foot on the disk on the diagonal (corner to corner), with your toes pointing outwards (**A**). Turn your foot inward using pressure against the resistance of the disk (**B**). If you prefer not to kneel, you can do this exercise by doing a forward lunge onto the disk with your knee bent 90°. Reversing direction (twisting outward) allows you to work peroneus brevis.



4. Wall Twist Disk-Internal rotation: This works the hip rotators as well as the core. Lean into and stabilize yourself against the wall. Place your foot on the disk on the diagonal (corner to corner), with your toe pointing outwards (**A**). Turn your foot inwards against resistance provided by the disk (**B**).



Wall Twist Disk-External rotation: Lean into and stabilize yourself against the wall. Place your foot on the disk on the diagonal (corner to corner), with your toes pointing inwards (**A**). Turn your foot outwards against the resistance of the disk (**B**).

To watch the instructional videos for this product, please go to HumanLocomotion.com, or visit our YouTube channel, [YouTube.com/Human_Locomotion](https://www.youtube.com/Human_Locomotion), which has dozens of informative videos.



Warning and disclaimer: Because injury may result from inappropriate use of this product, which is beyond control of the manufacturer, user assumes all risks. Under no circumstances shall the buyer be entitled to damages associated with the use of this product, and use of this product constitutes agreement to these terms.