

TRAINING GUIDE

CS TORQ - ROTATIONAL PROGRAM





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WHAT ARE YOUR WORKOUTS MISSING? 3D MOTION

Most workouts stick to the basics: squats, presses, and pulls. These are great foundational movements, but they all move in straight lines—forward and back, up and down.

What they miss are the rotational elements that show up everywhere in our lives and sports.

There are obvious examples, such as hitting a baseball, driving a golf ball, or swinging a racket. But often, our everyday lives include movements that require twisting through the hips and spine.

That's why we built the CS TORQ Program—to fill the gaps in traditional training.

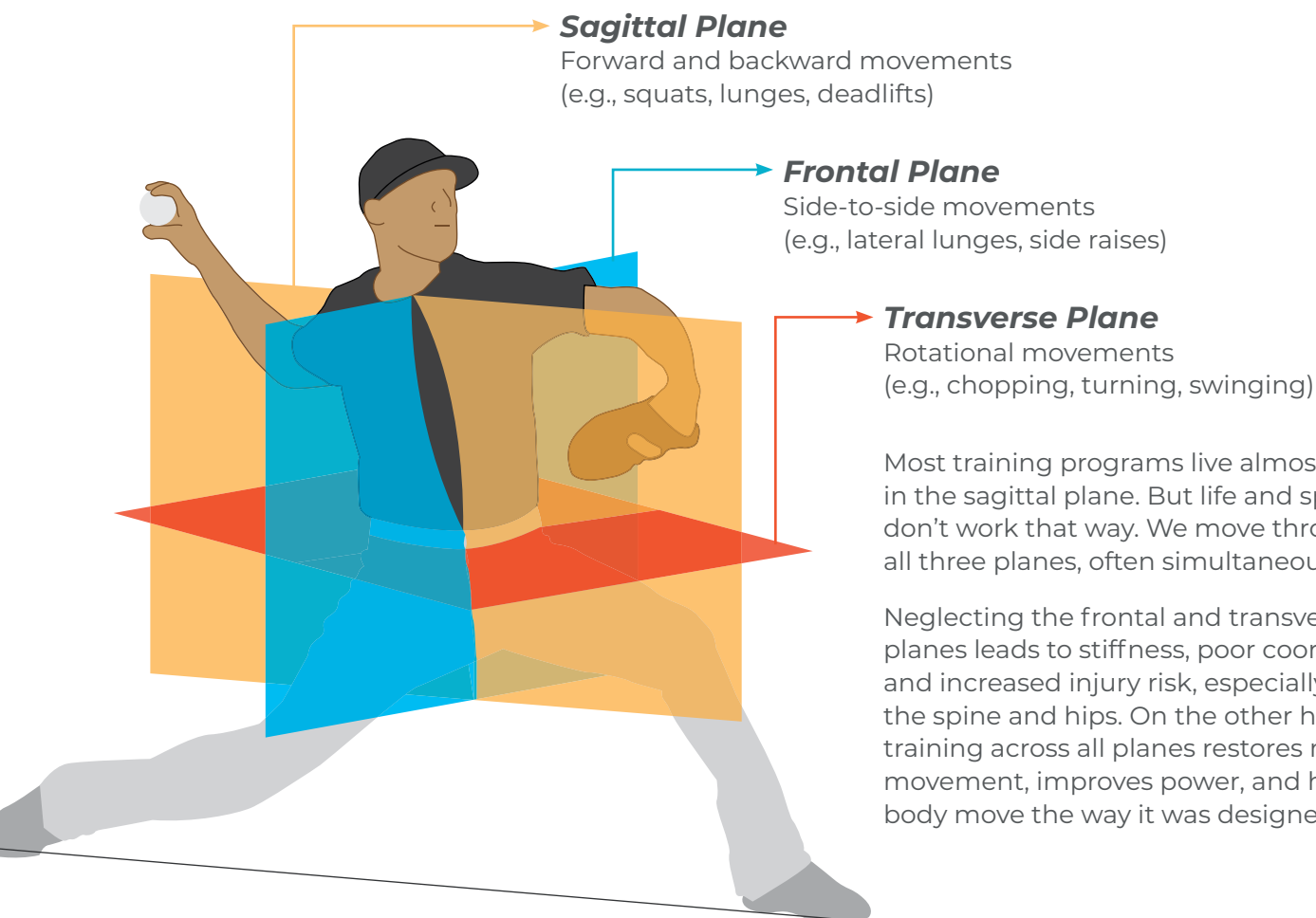
Adding it to your routine helps unlock stiffness, restore natural movement, and prime your body to move like an athlete again.

Think back to your younger days playing sports, climbing the jungle gym, and wrestling with friends. You moved freely and without pain.

But as we age, we often lose that freedom of movement without realizing it.

We try to preserve our youth through weight training and cardio—great for building strength and endurance—but these activities often miss the mark when it comes to how we naturally move.

The body moves in 3 planes of motion:



Sagittal Plane

Forward and backward movements
(e.g., squats, lunges, deadlifts)

Frontal Plane

Side-to-side movements
(e.g., lateral lunges, side raises)

Transverse Plane

Rotational movements
(e.g., chopping, turning, swinging)

Most training programs live almost entirely in the sagittal plane. But life and sport don't work that way. We move through all three planes, often simultaneously.

Neglecting the frontal and transverse planes leads to stiffness, poor coordination, and increased injury risk, especially around the spine and hips. On the other hand, training across all planes restores natural movement, improves power, and helps your body move the way it was designed to.

PRINCIPLES OF ROTATIONAL MOVEMENT

Effective rotation isn't about a single joint. It's a coordinated effort between the hips, torso, and shoulders. For it to work well, each area needs to play its role.

- **The hips** are built for mobility and power. They house the strongest muscles in the body and are primed to generate force.
- **The lumbar spine** is made for stability. Its large, blocky vertebrae and surrounding core muscles act like a brace, resisting unwanted motion and transferring force through the midsection.
- **The thoracic spine** (mid-back) is the engine for upper-body mobility. It's made up of smaller, more numerous vertebrae and works alongside the scapula to create a mobile platform for the arms.

When each part does its job, you get efficient, powerful movement. But when that balance is off, the body compensates, often leading to back pain, poor performance, or injury.

This program aims to restore that natural rhythm, mobilizing where you should move and stabilizing where you should stay strong.



COORDINATION: THE KEY TO POWER

Rotation isn't just about how much your torso can twist—it's about how well your body can transfer energy from the ground, through your core, and into your limbs.

This is the essence of the kinetic chain: a connected sequence of joints and muscles working together to produce and transfer force.

When you throw a ball, swing a club, or lift something heavy, the movement starts from the ground and travels upward:

1. The feet and legs create force by pushing into the ground.
2. The hips bend and rotate for optimal power generation.
3. The core and spine transfer that power, stabilizing the midsection so energy isn't lost.
4. The shoulders and arms deliver the final output.

The whole system breaks down if one link in that chain is stiff, weak, or unstable. You either lose power, move inefficiently, or compensate with joints not designed to handle the load, usually the lower back or shoulders.

This is why rotational training isn't solely about building strength or mobility—it's also highly dependent on training timing, coordination, and movement efficiency. When the body learns to move as a unified system, you get smoother, faster, and more powerful movement.



THE 30 DAY LOW BACK FIX

Solving low back pain requires more than just stretching tight muscles or doing a few core exercises. It demands a strategic approach that targets both the root causes and the real-life demands placed on your body.

That's why the updated **30-Day Back Fix** now combines two proven systems: the **CS Hip & Core Program** and the **CS TORQ Rotational Program**. Together, they form a complete rehab strategy built around two essential goals:

1. Restore Control and Stability (Hip & Core Program)

2. Rebuild Dynamic Movement and Force Transfer (TORQ Program)

2 Programs, 1 Goal

The Hip & Core Program lays the foundation by targeting the deep stabilizers of the spine, the glutes, and the abdominals that act like your body's internal scaffolding.

Most people with low back pain exhibit signs of poor control, delayed muscle activation, or weakness in these key areas, which can lead to compensations and movement breakdown. The Hip & Core Program is your foundation to fix those problems.

But real-world movement isn't just about resisting motion—it's about creating it. And that's where the TORQ Program steps in.

The TORQ Program is designed to retrain your body's ability to generate and absorb rotational forces. Think throwing, swinging, twisting, and changing direction. These are the movements that define both sport and everyday life.

That's why Hip & Core and TORQ are the two halves of the complete solution.

One builds your base of strength and control. The other builds your ability to move with power and precision.

This two-pillar approach also helps reduce the risk of re-injury, which is notoriously high with back pain. It doesn't just cover up the symptoms; it changes the way your body moves, stabilizes, and performs. That's the difference between a temporary fix and a long-term solution.



PROGRAMS

Activation

The Activation program is a quick and targeted sequence designed to prepare your body for dynamic, athletic movement.

Features

- Activates the hips, core, and spine for rotational performance
- Improves joint mobility and prepares the kinetic chain for dynamic movement
- Enhances stability to reduce injury risk and improve efficiency
- Increases blood flow and primes the body for high-speed, multi-planar activity

About

These exercises create a strong foundation by activating key muscles in the rotational chain. The goal is to engage, not fatigue, your body. You should feel more loose, connected, and ready to move athletically.

Scaling the program based on your strength level and using appropriate resistance is essential. Movements should feel controlled and intentional, creating muscle engagement without pushing into full fatigue.

Daily use of the Activation program not only optimizes immediate performance but also helps restore natural movement patterns over time, building a body that moves better, feels better, and performs better.

Resistance

- Light
- Medium
- Heavy

Reps

- 8 reps per side

When

- Daily
- Within 30 minutes prior to training, practices, or competition
- Or anytime throughout the day for a quick movement





PROGRAMS

Power

Features

- Builds explosive rotational strength and speed
- Reinforces force production through the hips, core, and upper body
- Improves kinetic chain coordination for athletic movements
- Trains dynamic stability under higher loads

About

The Power program is designed to elevate your athletic performance by training explosive rotational strength. Using higher resistance and an explosive tempo, this program builds the body's ability to generate and transfer force efficiently through the kinetic chain.

The early exercises in the sequence maintain a controlled, stability-focused tempo, identical to the Activation program. Then the final two movements shift toward fast and powerful execution, challenging the body to move heavy loads with speed and precision.

Adjust the resistance appropriately! A higher load is expected, but technique and explosiveness always take priority over going as heavy as possible. Choose a resistance that allows for fast, powerful reps, but not so light that you can easily breeze through the repetitions.

Integrating Power sessions into your training will help athletes swing faster, throw harder, and move more explosively.

Resistance

- Novice - Medium
- Athletic - Heavy +
- Elite - Light + Medium + Heavy

Reps

- 3 x 4 reps per side

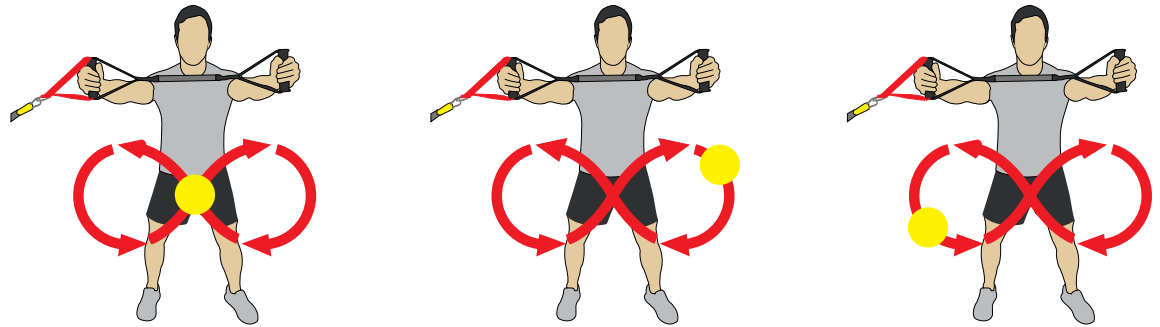
When

- 2-3 Days per week
- Be fresh & fully recovered
- During strength or skill training workouts
- Not during recovery or heavy fatigue days

1

Crazy 8's

8 RIGHT / 8 LEFT



Purpose

Trains anti-rotation control while reinforcing upward scapula and shoulder movement. Especially helpful for controlling the lumbar spine and improving overhead control.

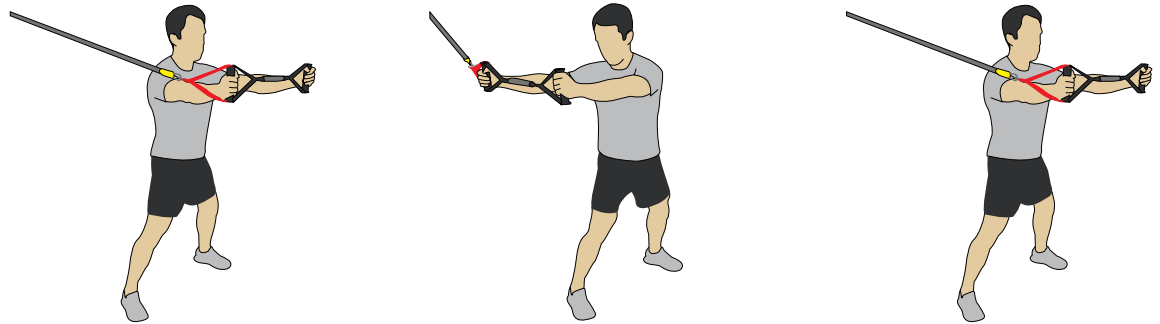
Instructions

1. Stand perpendicular to the anchor.
2. Hold the band with both hands at chest height.
3. Maintain tension on the band and move the hands in a small infinity pattern for 10 repetitions.
4. Turn around and complete the same on the facing the opposite direction.

2

Wide Rotation

8 RIGHT / 8 LEFT



Purpose

Reinforces dissociation between hips and torso. Opens up rotation by promoting mobility through the hips, spine, and shoulders

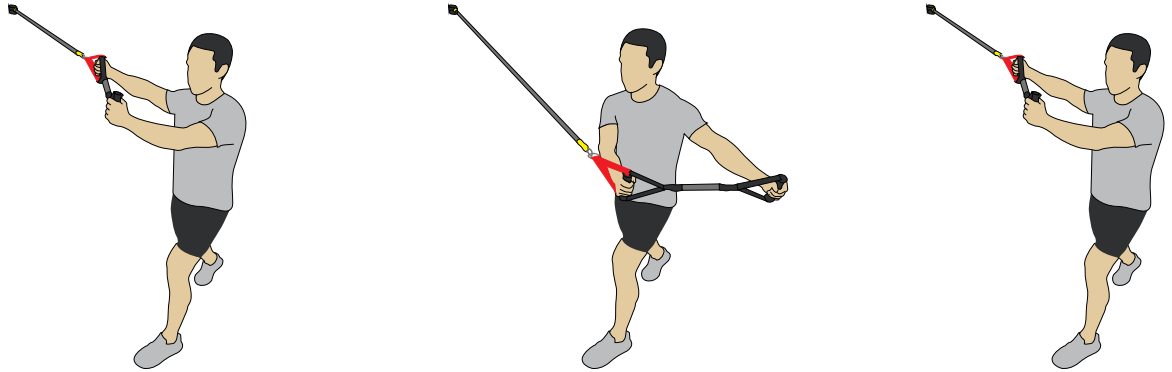
Instructions

1. Stand facing away from the anchor with feet wider than shoulder width.
2. Rotate towards the anchor point, initiating from the hips, not the arms.
3. Maintain stiffness through the lower back while optimizing rotation through the hips and upper spine.
4. Do the same on the other side.

3

Split Chop

8 RIGHT / 8 LEFT



Purpose

Introduces diagonal movement through the transverse plane.
Challenges stability and balance through the legs and core.

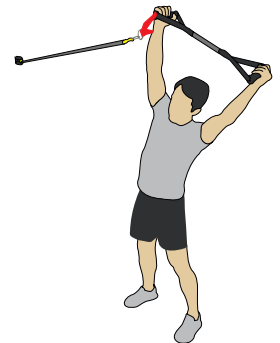
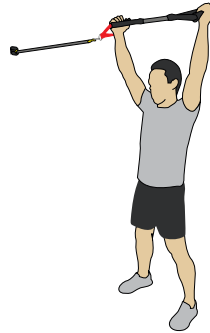
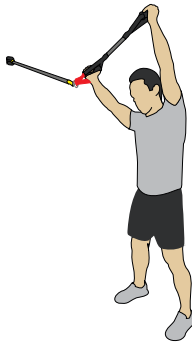
Instructions

1. Stand in a split stance, inside leg backward, slightly forward of the attachment
2. Grip the handle with both hands, reaching up and backward toward the attachment
3. Rotate down and across the body, keeping the arms straight.
4. Reverse directions, repeat on the other side.

4

Side Bend

8 RIGHT / 8 LEFT



Purpose

Mobilizes the lateral line of the body, especially helpful for stiffness in the thoracolumbar junction and low back.

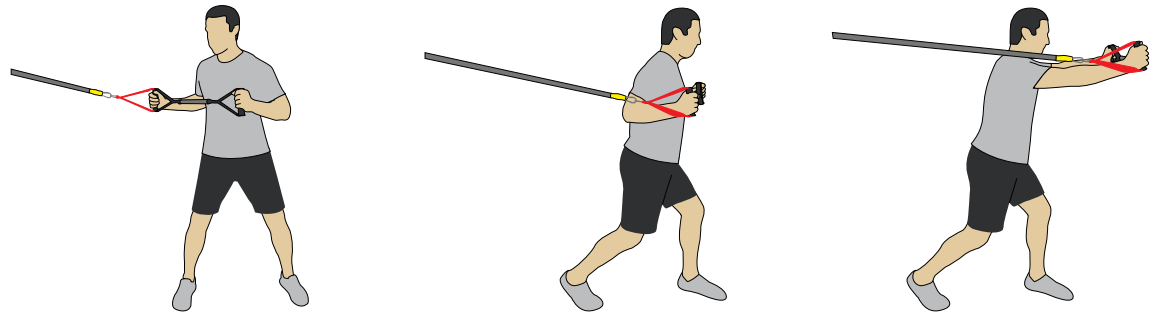
Instructions

1. Stand perpendicular to the anchor, use either a high or low attachment.
2. Grip handle with both hands and press overhead.
3. Bend away from anchor, control the return.
4. Reverse directions, repeat on the other side.

5

Roto Press

8 RIGHT / 8 LEFT



Purpose

Blends pulling, pressing, and rotation for functional strength. Helps reinforce the weight shift that occurs in throwing/hitting sports.

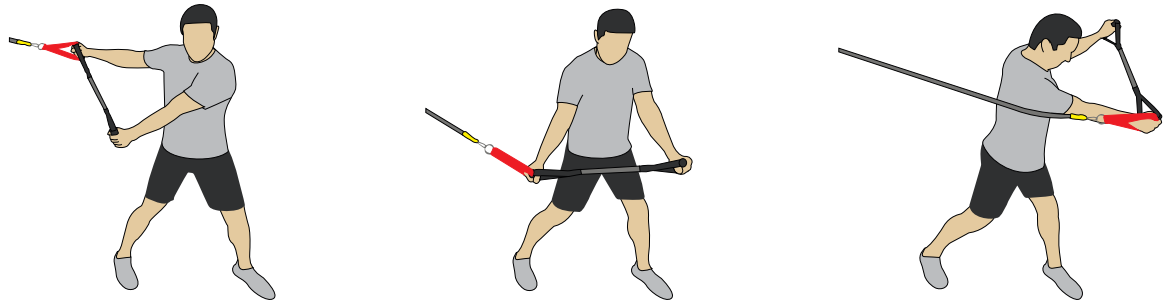
Instructions

1. Stand perpendicular to anchor, use either a high or low attachment.
2. Rotate toward the anchor and dip into the legs.
3. Pull the band into the chest.
4. Rotate away and press forward in one smooth motion.

6

Golf Swing

8 RIGHT / 8 LEFT



Purpose

Explosive, full-body movement that integrates power with deceleration.

Instructions

1. Anchor the band at a high attachment. Stand perpendicular to the anchor.
2. Perform a powerful chop across the body.
3. Stop, reset, then chop again.