

## BACK SWING TO IMPACT WITH TUBING



116 A



116 B

- Purpose:** To strengthen trunk rotators, abdominal and scapular muscles, and improve lower body stability.
- Benefit:** Gain a more powerful spinal rotation from back swing to impact while creating a more connected swing.
- Instruction:** Hold the handle of the golf gym while the other end is secured high in the door. Stand with correct posture and body mechanics as if you were at the top of your back swing (116A). Drive your arms down to the impact position while maintaining shoulder blades squeezed and lower body stable (116B). Hold 2 – 3 seconds and relax back.
- Quantity:** Repetitions \_\_\_\_\_ Set(s) \_\_\_\_\_