

BACKSWING AND FOLLOW THROUGH ON BEAM



84



85

Purpose: Improve balance.

Benefit: To have the greatest stability when rotated into both backswing and follow-through while maintaining balance.

Instruction: **84:** Stand on balance beam in the power position turn into your backswing.

85: Then turn into follow-through.

Quantity: Reps _____ sets _____

Re-Educate

