

FEET TOGETHER TRUNK ROTATION WITH CLUB



74 A: Hands crossed



74 B: Hands apart

Purpose: Improve balance into backswing, improve rotation into backswing.

Benefit: Train body to find ideal turn into backswing.

Instruction: Stand in primary tilt address position, bring feet together, cross arms in front of chest holding club, turn under into your backswing, keeping the slight bend in your touching knees. You may advance to holding the club with your arms apart.

Quantity: Reps _____ sets _____



Re-Educate

