



Hip Twists Jumping

Purpose:

This exercise helps develop explosive rotary speed and power in your hips and lower body.

Benefit:

Improves power and speed in the lower body in your golf swing.

Instructions:

Place your feet together and arms by your sides and then get into a good golf posture. From here, start to jump and rotate your lower body back and forth without rotating your upper body. Make sure you keep your feet and knees together with each jump.

Quantity:

Do _____ reps _____ sets on _____ side(s).

