



Pelvic Tilt In Golf Stance Find Neutral

Purpose:

This exercise helps develop a more neutral pelvic posture.

Benefit:

Improves control and stability in the golf swing.

Instructions:

Starting from a 5-iron golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Once you find the middle, start over again and repeat for the appropriate number of reps.

Quantity:

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

