



## Set Impact Drill

**Purpose:**

To build strength, endurance and control in the shoulder blades, spine and hips at impact.

**Benefit:**

Able to maintain spine angle, and rotate hips through impact and be in good position for more powerful controlled impact position.

**Instructions:**

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Move hips to the impact position keeping shoulders facing towards the golf ball. Put about 60% of your body weight on the left foot, centered in the foot and keep the right foot down. Begin oscillating the blade. Make sure to maintain spine angle and simulate your impact position.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

