



## Set Release Drill

### Purpose:

To build strength, endurance and control in the shoulder blades, spine and hips in the release position.

### Benefit:

Able to maintain spine angle, and rotate hips through release and be in good body position in the release phase of the golf swing.

### Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Rotate your hips and shoulders to the release position keeping the body tilts. Oscillate the blade in this position.

### Quantity:

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

