



Swing Initiation Drill

Purpose:

To build dynamic strength, endurance and control in the shoulder blades, spine and hips in a golf posture .

Benefit:

Able to initiate the golf swing from the core and trunk with good lower body stability.

Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Begin Oscillating the blade and move through the first 25% of the swing. Make sure to keep the knees and hips very still and move the chest. Your hands will move as a result of your chest turning.

Quantity:

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

