



Torso Acceleration In Neutral Pelvis

Purpose:

To improve stability and proprioception in the trunk and pelvis in golf posture.

Benefit:

This exercise helps develop a better shoulder plane and more stable lower body motion during the swing.

Instructions:

Get in a good 5-iron golf posture with your arms crossed over your shoulders and your butt up against a wall. Take a full backswing keeping your shoulder plane from flattening out at the top and maintaining slight contact with the wall behind you with your butt. From here, return to the impact position, once again maintaining contact with the wall. Finally, rotate your whole body through to the finish; once again maintaining contact with the wall and a good stable shoulder plane throughout.

Quantity:

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

