



## Torso Rotation Single Leg

### Purpose:

This drill is aimed at improving your upper body disassociation while focusing on balance.

### Benefit:

Independent torso rotation and disassociation promotes power and consistency in your swing.

### Instructions:

Begin drill by getting into a golf posture with a golf club crossed across your shoulders. Next, raise one leg off of the ground approximately 6-10". Begin exercise by performing an upper body rotation in both directions while the lower body remains stable and unchanged. Repeat exercise in opposite fashion on other leg.

### Quantity:

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

