



Address To Back Swing With Tubing

Purpose:

To strengthen trunk rotators, abdominal and scapular muscles, and improve lower body stability.

Benefit:

Gain more powerful spinal rotation from address to follow through while creating a more connected swing.

Instructions:

Stand with correct “secondary tilt” posture. Hold the handle of the golf gym while standing on the other end, arms should be hanging as if you are teeing up (115A). Perform a shoulder blade squeeze (115B) then while keeping you hands in the middle of your chest, rotate your spine into the back swing position (115C). Maintain your shoulder blade squeeze and a stable lower body. Hold 2– 3 seconds at end of rotation and relax back.

Quantity:

Reps _____ sets _____



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