



Spine Rotation Strengthening (5 positions)

Purpose:

Builds strength, endurance and control in the shoulder blades, spine and hips in the sitting position in the middle of the range of motion. Teaches independent spine motion.

Benefit:

Improved spine posture at address and connection of shoulder blades to the body through out the golf swing. Improved ability to rotate the spine throughout the golf swing.

Instructions:

Sit on a ball or chair. Hold the Bodyblade™ as shown in the pictures. Oscillate the blade for ___ seconds. Now turn to 45 degrees right and oscillate the blade for ___ seconds. Return to center and oscillate the blade. Turn 45 degrees left and oscillate for ___ seconds. Return to center and oscillate for ___ seconds.

Quantity:

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

