



Spine Rotation Strengthening (9 positions)

Purpose:

Builds strength, endurance and control in the shoulder blades, spine and hips in the sitting position at ends of range of motion, and teaches independent spine motion.

Benefit:

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

Instructions:

Sit on a chair or ball. 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. Turn to 90 degrees right and oscillate ___ seconds. Return to 45 degrees right and oscillate ___ 15 seconds. Return to center and oscillate the blade. Turn 45 degrees left and oscillate for ___ seconds. Turn to 90 degrees left and oscillate ___ seconds. Return to 45 degrees left and oscillate ___ seconds. Return to center and oscillate for ___ seconds.

Quantity:

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

