



Standing Spine Rotation (5 positions)



Purpose:

To orient you to the motion and use of the Bodyblade™. To build strength, endurance and control in the shoulder blades, spine and hips in the standing position promoting strong spine rotation.

Benefit:

Improved spine posture at address and connection of shoulder blades, improved spine rotation strength and control of the trunk through out the golf swing.

Instructions:

Stand straight upright. Hold the Bodyblade™ in the Far Position. Oscillate the Bodyblade™. Oscillate the blade for ____ seconds. Now turn to 45 degrees right keeping the hips still, 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).

