



## Standing Spine Rotation (9 positions)

### Purpose:

To orient you to the motion and use of the Bodyblade<sup>™</sup>. 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<sup>™</sup> in the Far Position. Hold the Bodyblade<sup>™</sup> 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:

