



Standing Spine Rotational Strengthening

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.

Benefit:

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

Instructions:

Stand straight upright. Hold the Bodyblade™ in the Far Position. Oscillate the Bodyblade™.

Quantity:

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

