



Turn Grab Throw

Purpose:

This exercise improves coordination and movement patterns that are critical to the golf swing.

Benefit:

This exercise helps eliminate the reverse spine angle and starts to develop power from a proper spine angle position at the top.

Instructions:

Get a medicine ball or weighted club and place it on a countertop or stand about waist high. Stand next to the ball with your trail side about 6-12 inches away from the countertop and get into a good golf posture. Now, without letting your lower body get any closer to the countertop, turn and grab the ball like you were reaching over a fence. From this position, rotate towards the target and throw the ball.

Quantity:

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

