



## Upright Standing Trunk Rotation With Tubing

### Purpose:

Strengthen trunk rotators and shoulder blade muscles.

### Benefit:

Gain more powerful spinal rotation from address to follow through while creating a more connected swing.

### Instructions:

Stand with correct posture – pelvic tilt, shoulder blades back, chin tucked. Hold tubing which is secured in the door, arms straight out in front, squeeze shoulder blades back while bending elbows until your hands are in the middle of your chest (112A). Rotate your spine away from resistance, keeping lower body stable and hands in the center of chest (112B). Hold 2 –3 seconds at end of rotation and relax back.

### Quantity:

Reps \_\_\_\_\_ sets \_\_\_\_\_

