



## Backswing And Follow Through On Beam With Club Across Chest

Purpose:

Improve balance.

Benefit:

To have the greatest stability when rotated into both backswing and follow-through while maintaining balance.

Instructions:

Stand on balance beam in the power position with arms crossed in front of chest, turn under into backswing. Then turn into follow-through.

Quantity:

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

