



Chop With Rotation Half Kneeling

Purpose:

This is a great stability drill for the lower body while placing a focus on thoracic spine mobility.

Benefit:

Improves consistency of movement and power in your golf swing.

Instructions:

Begin exercise by taking a split grip on a Gray Cook bar with one foot off of the ground. Next bring your top hand down to your chest and then push downwards and away from the body. Slowly return the bar to chest position and then slowly back to starting position. Make sure to keep lower body stable the entire exercise. Allow your head to rotate following your top hand both in the upward and downward motions. This will allow for thoracic spine rotation during this drill.

Quantity:

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

