



## Hip Twister

**Purpose:**

This exercise helps develop a better separation between your upper and lower body. Specifically, lower body rotation around a stable upper body.

**Benefit:**

Improves separation between the lower body and upper body in golf, creating independent pelvis turn for power and control

**Instructions:**

Get into a good golf posture and try to rotate your lower body only (no shoulder movement). Make sure the movement is rotational and not lateral sway and slide!

**Quantity:**

Perform \_\_\_\_\_ sets \_\_\_\_\_ reps.

