



## Hip Twister Supported

**Purpose:**

This will help to achieve the feeling of separating the lower body from the upper body.

**Benefit:**

Improves mobility and control of the lower body in your golf swing.

**Instructions:**

Using a golf club for support simply practice turning your hips with your torso facing forward.

**Quantity:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s) .

