



## Impact Position Hip Swivels

### Purpose:

Improves ability to rotate pelvis independently from the torso

### Benefit:

Increases ability to rotate hips and pelvis freely through impact without engage the upper torso in an over the top motion. This motion helps improve shoulder tilt at impact

### Instructions:

Stand at address posture holding tubing in your hands per the top pictures. Turn hips to the impact position without moving the shoulders. Hold 2-3 seconds. This can also be done with a golf club. With the club, make sure that the club head does not move.

### Quantity:

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

