



## Primary Tilt, Backswing And Follow Through On Tilt Board

Purpose:

Improve balance.

Benefit:

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

Instructions:

Obtain a balanced position while standing on the tilt board then move into the primary tilt position. Obtain a balanced position while standing in the power position, then move into the backswing, and follow-through.

**\*Perform tilting front to back and side to side.\***

Quantity:

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

