



Shoulder Swivels

Purpose:

Improves ability to rotate torso independently from the pelvis

Benefit:

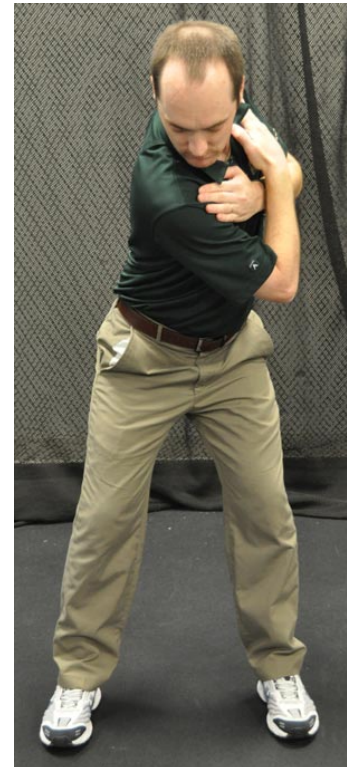
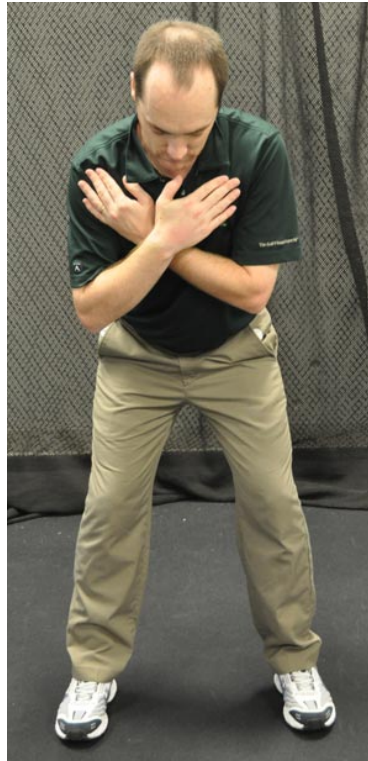
Increases ability to rotate hips and pelvis freely through impact without engage the upper torso in the motion of the swing.

Instructions:

Stand at address posture with the arms across the chest. Turn chest to the right without moving the pelvis. Pause. Turn chest to the left without moving the pelvis. Begin this slowly at first. As you master the separation you may begin to increase the speed of motion. Keep the hips and pelvis stable throughout this exercise.

Quantity:

Reps _____ sets _____ or for _____ minutes.



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