



Side-lying Rotation

Purpose:

To improve hip stability with trunk rotation.

Benefit:

Increases hip stability and torso rotation in the golf swing

Instructions:

Start by lying on your back with both legs straight on the ground. Raise one leg with a bent knee at 90 degrees and cross it over your body. Place something (ball) under that knee and press down hard on the item with the knee. Rotate the upper body to the side the knee is turned to and straighten both arms out to this side. Whilst maintaining the pressure with the knee on the item it is pressing down on, rotate the top arm up and over the body (opening up the upper body). Key is to keep the knee pressure down on item the whole time without loss of pressure.

Quantity:

Do 2 sets of 10 reps with held for 10 seconds.

