



## Sitting Spine Rotation

### Purpose:

To orient you to the motion and use of the Bodyblade™. To build strength, endurance and control in the shoulder blades, spine and hips in the sitting position.

### Benefit:

Improved spine posture at address and connection of shoulder blades to the body through out the golf swing.

### Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Set your impact position. Begin oscillating the blade and rotate to the release position keeping the body tilts. Return to impact while oscillating the blade.

### Quantity:

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

