



Stork Turns

Purpose:

This exercise helps develop better balance or proprioception in your golf swing.

Benefit:

Improves separation between the lower body and upper body in golf, creating independent pelvis turn for power and control

Instructions:

Start by standing on one leg and getting into a stable golf posture. Lift your left leg and lock your foot behind your right knee. Trying to keep your shoulders from rotating, begin to rotate your hips back and forth and try to maintain balance. Repeat on the left leg.

Quantity:

Perform _____ reps _____ sets on _____ side(s) .

