



## Stork Turn Supported

**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:**

Using a golf club for support lift your right leg and make some turns across your body keeping your chest facing forward. Hold for three seconds and repeat on the opposite leg.

**Quantity:**

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

