



Release Drill

Purpose:

To improve the strength of the body on the left side so that there is increased ability to move to that side in an effective manner.

Benefit:

To improve the golfer's ability to release the club and transfer weight to the left side.

Instructions:

Set up in full address posture with the golf gym at a low attachment. Turn the hips allowing the left leg to straighten and putting the shoulders, arms and hands into the positions in slide C above.

Quantity:

Hold this for 2 breaths and repeat 10 times. Do 1-2 sets of this exercise.

