



## Address Posture Oscillations

### Purpose:

To build strength, endurance and control in the shoulder blades, spine and hips in a golf posture.

### Benefit:

Able to address the ball with a neutral spine that promotes improved shoulder turn during back swing and follow through.

### Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ near the chest. Oscillate the blade in this position. When you are able to do Near Oscillations easily, progress to Far Oscillations.

### Quantity:

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

