



## At The Top Oscillation Drill

**Purpose:**

To build dynamic strength, endurance and control in the shoulder blades, spine and hips at end range of motion.

**Benefit:**

Able to get to the top of the golf swing from the core and trunk with good lower body stability and stay connected.

**Instructions:**

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Move the blade to the top position as in the abovepicture. Begin oscillating the blade. Make sure to keep the knees still and move the chest. Your hands will move to the top as a result of your chest turning.

**Quantity:**

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

