



Hip Swivels

Purpose:

Improves ability to rotate pelvis independently from the torso

Benefit:

Increases ability to rotate hips and pelvis freely through impact without engage the upper torso in the motion of the swing.

Instructions:

Stand at address posture with the arms across the chest. Turn hips to the right without moving the shoulders. Pause. Turn hips to the left without moving the torso. Begin this slowly at first. As you master the separation you may begin to increase the speed of motion.

Quantity:

Reps _____ sets _____ or for _____ minutes.



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