



Kinematic Sequence

Lower Body Patterning Exercise

Purpose:

Improve movement pattern and stabilization of the torso so that the arms are free to accelerate through impact.

Benefit:

Improves a golfer's sequencing of motion through impact by improving segmental stability of the torso just before impact.

Instructions:

Pattern 1 Stand in address posture. Cross the arms. Turn to finish position and hold for 2-3 seconds. Return to starting position.



Pattern 2 Stand in address with the arms crossed. Turn upper torso towards the back swing side only going as far as you can without the pelvis moving. Now turn to finish position and hold for 2-3 seconds. Return to starting position.



Pattern 3 Stand in address with the arms crossed. Turn upper torso towards the back swing side only going as far as you can without the pelvis moving. Quickly return to the start position and briefly pause. Immediately turn to finish position and hold for 2-3 seconds. Return to starting position.



Quantity:

Reps _____ sets _____