



Kinematic Sequence

Upper 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. Put the right hand on the left shoulder. Let the left hand hang down like you are holding a club. Now move the left arm to horizontal to the side and hold for 2-3 seconds. Return to starting position.



Pattern 2 Stand in address posture with the torso slightly closed to the target. Put the right hand on the left shoulder. Let the left hand hang down like you are holding a club. Now move the left arm to horizontal to the side and hold for 2-3 seconds. Return to starting position.



Pattern 3 Stand in address posture with the torso slightly closed to the target line. Put the right hand on the left shoulder. Let the left hand hang down like you are holding a club. Now move the left arm to horizontal to the side and then to the finish position and hold for 2-3 seconds. Return to starting position.



Quantity:

Reps _____ sets _____