



Primary Tilt, Backswing And Follow Through On Tilt Board



Purpose:

Improve balance.

Benefit:

To have the greatest stability when rotated into both backswing and follow-through while maintaining balance.

Instructions:

Obtain a balanced position while standing on the tilt board then move into the primary tilt position. Obtain a balanced position while standing in the power position, then move into the backswing, and follow-through.

Perform tilting front to back and side to side.

Quantity:

Reps _____ sets _____



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