



Trunk Rotation Feet On A Line

Purpose:

Improve balance into backswing, improve rotation into backswing.

Benefit:

Train body to find ideal turn into backswing.

Instructions:

Stand in power position, hold club in front of chest with arms apart, bring one foot in front of the other as if standing on a tight rope, turn under into your backswing, keeping knees slightly bent, pointed forward.

Quantity:

Reps _____ sets _____

