



Jumping: Hip Twister

Equipment:

N/A

Set-up:

N/A

Description:

This exercise helps develop explosive rotary speed and power in your hips and lower body.

Instructions:

Student will place feet together and arms by their sides and then get into a good golf posture. From here, they will start to jump and rotate their lower body back and forth, without rotating their upper body. Make sure they keep their feet and knees together with each jump. The student that can keep going without stopping for the longest will score win.

Scoring:

The student that can continue for the longest time will score a 3, the runnerup will score a 4, and all others will score a 5.

