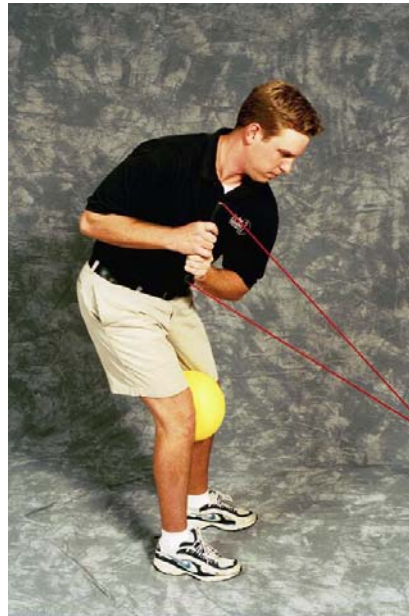


ADDRESS POSITION TRUNK ROTATION WITH TUBING



114 A



114 B

Purpose: To strengthen trunk rotators, abdominal and scapular muscles.

Benefit: Gain more powerful spinal rotation from address to follow through while creating a more connected swing.

Instruction: Stand with correct “secondary tilt” posture. Hold tubing which is secured low in the door, arms straight out in front, squeeze shoulder blades back while bending elbows until your hands are in the middle of your chest (114A). Rotate your spine away from resistance, keeping hands in the center of chest and maintaining a stable lower body (114B). Hold 2-3 seconds at end of rotation and relax back.

Quantity: Repetitions _____ Set(s) _____