

# PRIMARY TILT, BACKSWING AND FOLLOW THROUGH ON TILT BOARD



86



87



88

Purpose: Improve balance.

Benefit: To achieve greatest stability in the power position, backswing and follow-through, while maintaining balance.

Instruction: **86:** Obtain a balanced position while standing on the tilt board then move into the primary tilt position.  
**87:** Obtain a balanced position while standing in the power position, then move into the backswing,  
**88:** and follow-through.

**Perform tilting front to back and side to side.**

Quantity: Reps \_\_\_\_\_ sets \_\_\_\_\_