



Half Kneeling Rotation

Purpose:

This is a great test for your ability to separate your upper body from your lower body.

Benefit:

Increases strength in the hips and abs and promotes separation in the upper and lower body.

Instructions:

Start by getting into a half kneeling position. Place a golf club behind your back (in the small of your back) and in front of your elbows. If possible, clasp your hands together in front of your stomach. Slowly try and rotate as far as possible to the left, keeping the club against your back. You should be able to go at least 45 degrees in both directions. Compare left to right.

Quantity:

Hold _____ breaths _____ reps.

