



## Stork Turn Supported

### Purpose:

This exercise helps develop better balance or proprioception in your golf swing.

### Benefit:

Improves separation between the lower body and upper body in golf, creating independent pelvis turn for power and control

### Instructions:

Using a golf club for support lift your right leg and make some turns across your body keeping your chest facing forward. Hold for three seconds and repeat on the opposite leg.

### Quantity:

Perform 10 reps on each side, and do two sets

