



Club Behind The Spine

Purpose:

This exercise helps teach you how to bend from your hip joints with a stable spine.

Benefit:

This exercise improves your hip hinge and spine posture in your golf swing.

Instructions:

Place a golf club behind your back with the club head on your head and the handle against your lower spine. Now, without modifying your spinal posture flex forward from your hips, as if performing a dead lift. It is OK to flex your knees slightly, but not your spine.

Quantity:

Perform _____ reps _____ sets.

