



Forward Shift Neutral Pelvis

Purpose:

This exercise improve coordination and postural stability.

Benefit:

This exercise helps develop a better neutral pelvic posture through impact and finish.

Instructions:

Starting from a good golf posture, get into a good neutral pelvis (Tilt your pelvis forward and backward until you find the middle or neutral position). Now, go directly into your impact and full finish position without a backswing, making sure your pelvis stays in a neutral or posterior tilted position.

Quantity:

Do _____ reps _____ sets .

