



## Hitting Zone Drill

### Purpose:

To build dynamic strength, endurance and control in the shoulder blades, spine and hips in the hitting zone.

### Benefit:

Able to maintain spine angle, and rotate hips through impact and be in good position for more powerful controlled impact position.

### Instructions:

Stand in full address posture with primary and secondary tilts. Hold the Bodyblade™ in the Far Position. Move the blade back a small amount like you are initiating your golf swing. Begin oscillating the blade. Keep the blade moving and move hips to the impact position keeping shoulders facing towards the golf ball. Put about 60% of your body weight on the left foot, centered in the foot and keep the right foot down.. Make sure to maintain spine angle and simulate your impact position. Now rotate the trunk through impact and back to the initial position.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

